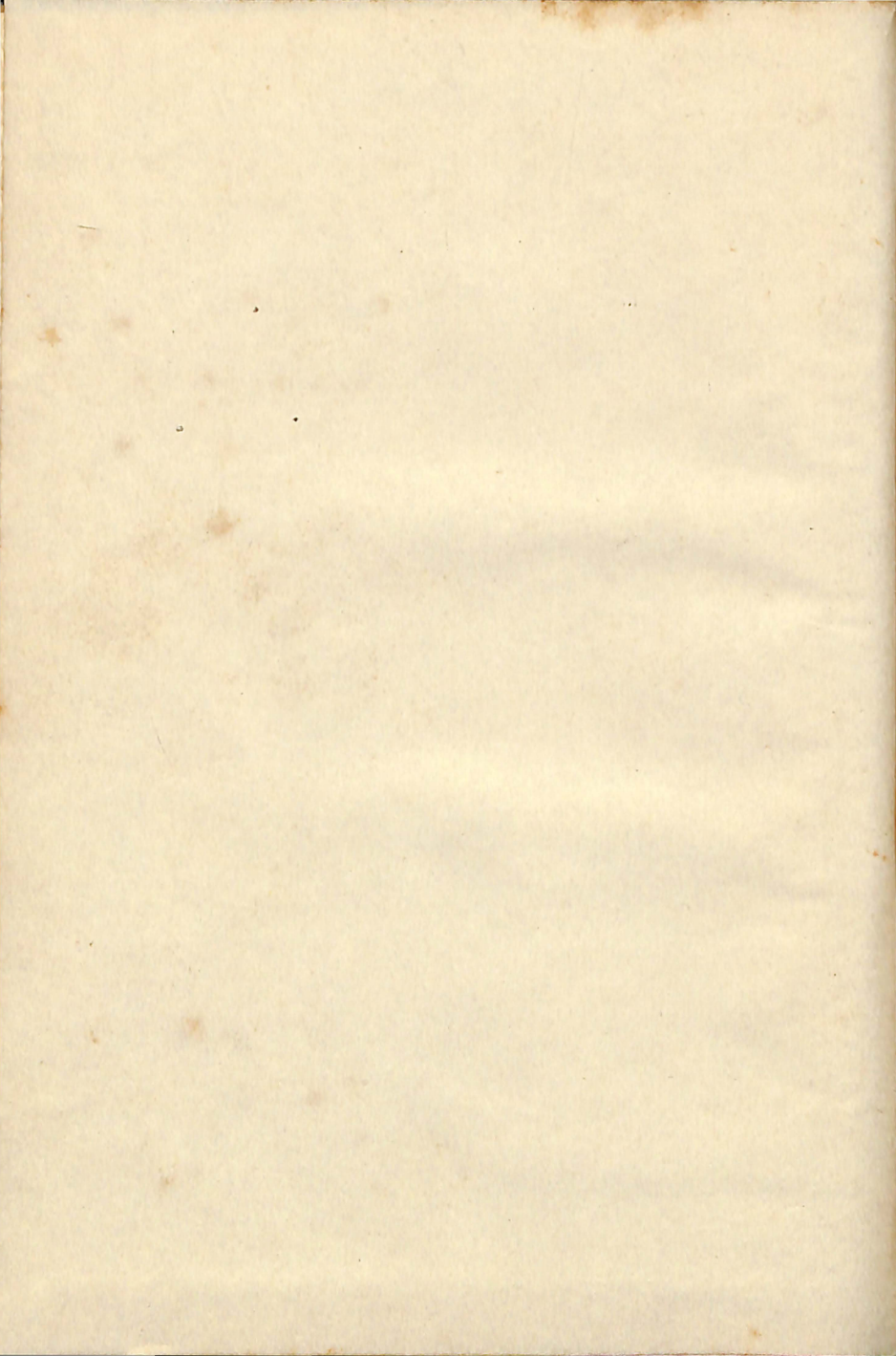
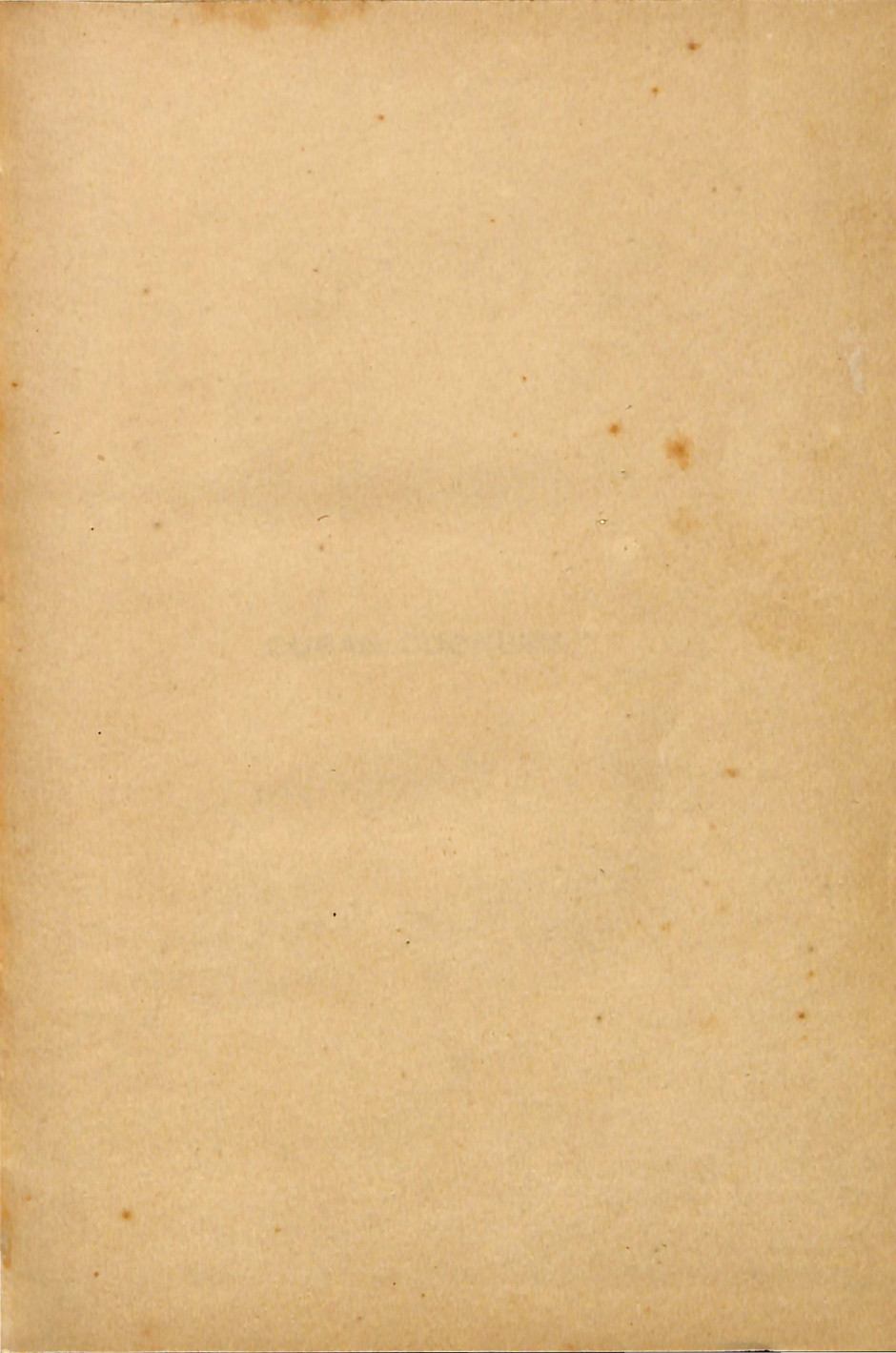


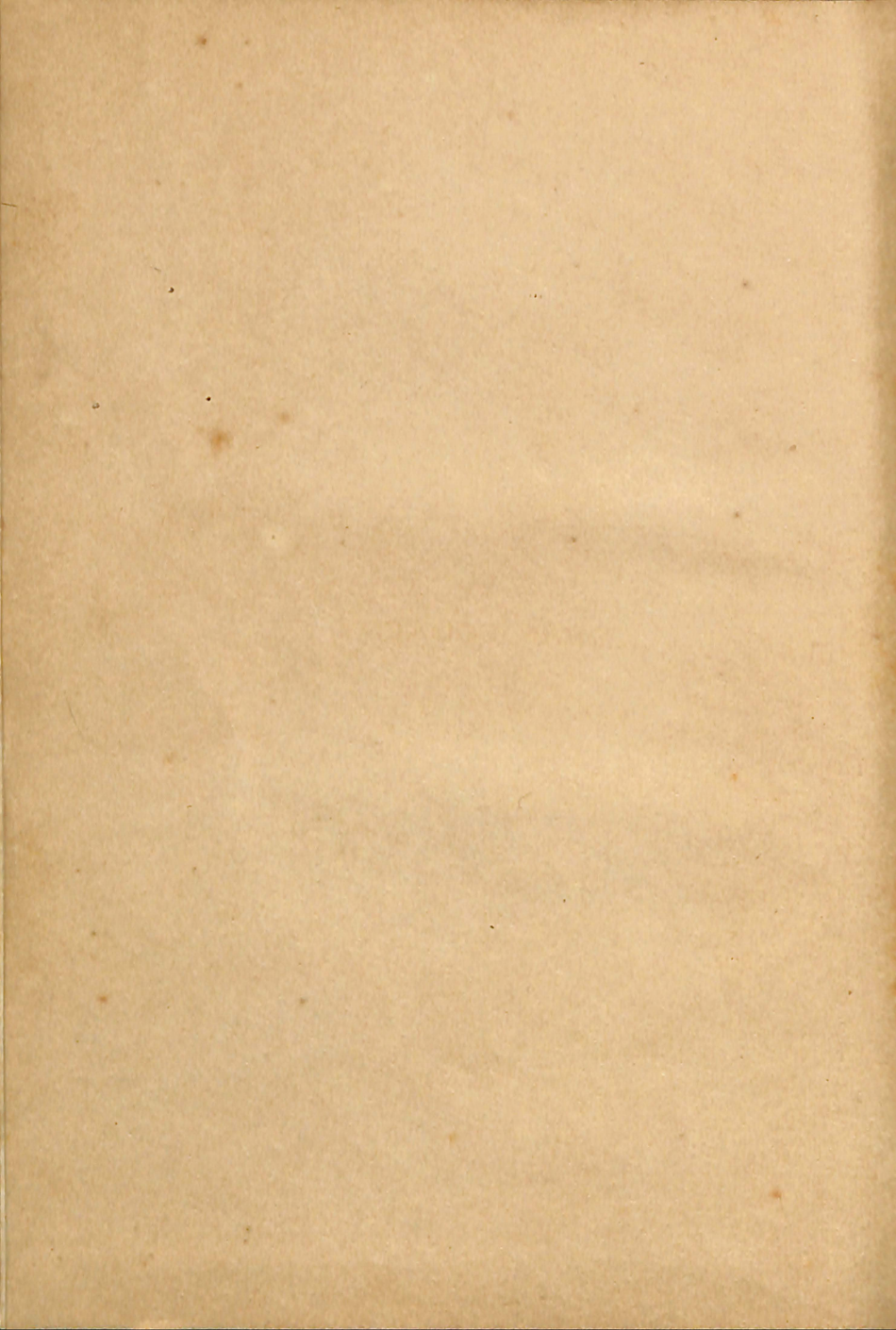




Chittie







CUBAN COOKERY



Cuban Cookery

GASTRONOMIC SECRETS
OF THE TROPICS, WITH AN
APPENDIX ON CUBAN DRINKS

BY

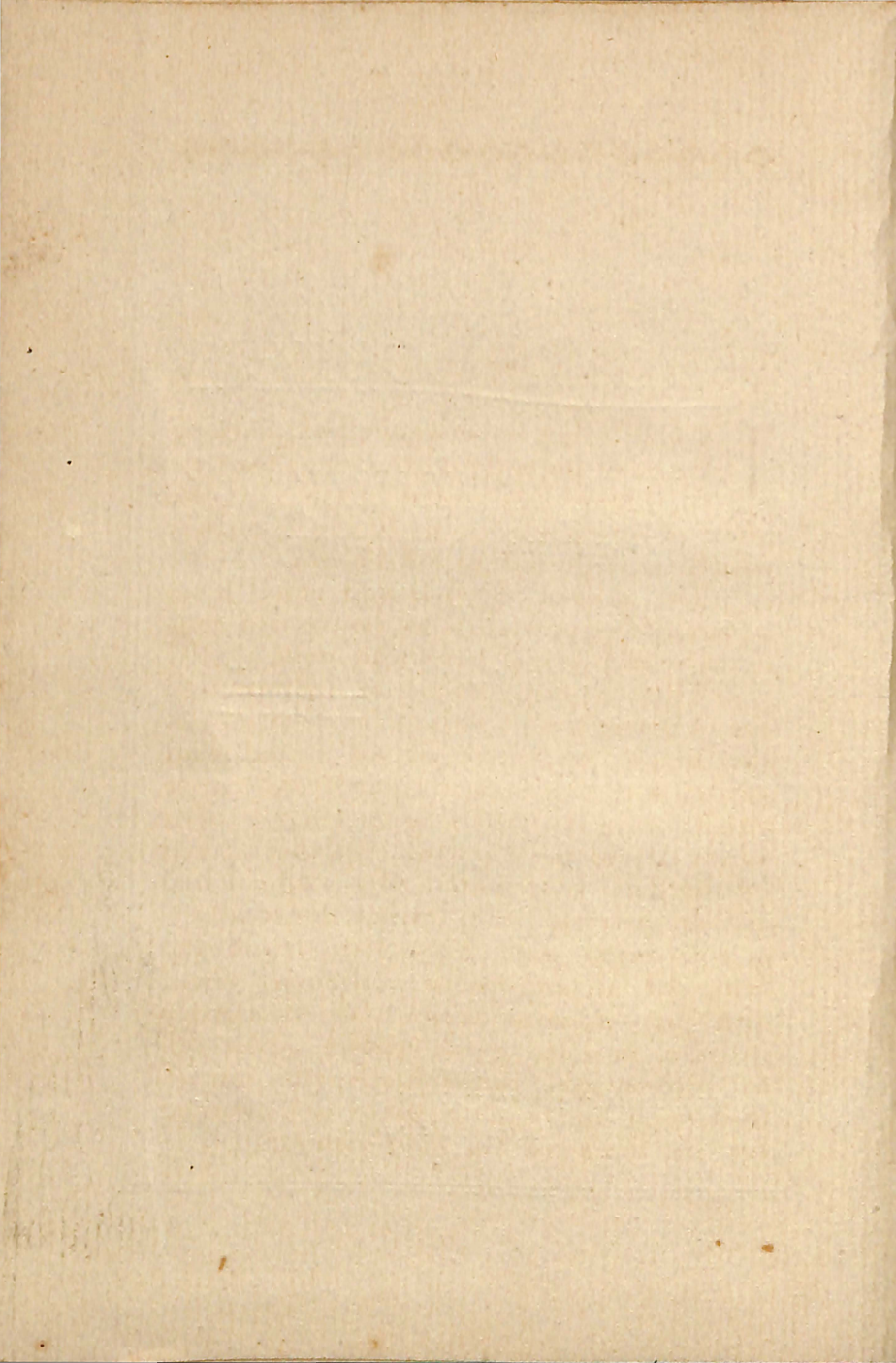
BLANCHE Z. DE BARALT



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HOW often have we wished, looking back on a delightful trip, that we might live over again, in the quiet of our home, some of the moments which contributed to its charm.

The senses of taste and smell have a strange potentiality to revive old memories and bring back the past.

Thus a faint scent of jasmin will evoke better than a volume of description, the magic fragrance of an Andalusian garden and the taste of *guanábana* cause one's brain to throb with visions of a white city in the dazzling sunlight bathed by the deep blue waters of a tropical sea.

In Europe—in France especially—a celebrated dish has often made the fame of an otherwise unknown town, and people come from afar to sample it. Up to date guide books never fail to inform the unsophisticated tourist that such and such a place is renowned for its duck or its *bouillabaisse*.

Visitors to Havana have often come away with the pleasing impression that the moro crabs and the rice and chicken eaten there were unique and very much worth while—to say nothing of the wonderful cocktails based on Bacardi rum, or the entrancing refrescos made with the juice of fantastic fruits.

Still, I am told, no one has been kind enough to tell them how they are made.

Cook books, to be sure, are as numerous as pebbles on the sea shore, but, somehow there's always room for another if it fills a need.

This very small one is only a first aid manual for those who have tasted and would "like some more" of the good things partaken of during their stay in Cuba, and a bird's eye view of a new culinary field.

People who have not visited the island must not imagine that the dishes mentioned in these pages are the only ones they will find on their hotel's bill of fare. Quite the reverse. Cuban hotels serve a cosmopolitan table: their chefs are almost always French and the menus of the Nacional, the Almendares, the Sevilla Biltmore, the Inglaterra or the

Casino do not differ much from those one would find in corresponding establishments in New York or Paris.

In the homes of wealthy Cuban families French dishes alternate with national ones, forming a most happy alliance.

This little book, therefore, has no pretention of being an exhaustive treatise, not even a general guide to the Cuban table. The mode of preparing excellent cosmopolitan dishes may be found elsewhere. I shall limit myself to indicate the typical ones of the country, many of which are well worthy of being known and relished by a wider public.

It will surely be a pleasure for a hostess to give her guests a surprise, presenting them with an exotic dish right from the Caribbean, offering them a culinary novelty, which in these days is a prize—indeed a rare and coveted prize.

I do not refer to the strange concoctions evolved by eccentric iconoclasts, breaking every dietetic law and casting to the wind all traditions, such as we behold in some incongruous and barbaric salads; nor can we call a novelty futuristic combinations like those Marinetti used

to suggest, red herring with raspberry sauce, for instance—a veritable gastronomic nightmare.

No—we hold that the cuisine of a country is one of its psychological aspects, an accumulation of slow growth, almost a synthesis of its civilization.

Thus the food of France is delicate, refined, infinitely varied, agreeably presented, exacting as to the quality of its raw material. Cooking there is an art and the appreciation of its fine points a science.

In Italy, flavors are more pronounced. Italy has some splendid dishes, but fine cooking is less general there than it is beyond the Alps.

Spain has but a poor gastronomic reputation in spite of several excellent basic combinations. The excessive use of oil and onions is generally repellent to those who are not to the manner born.

German cooking, although somewhat heavy, is better than is supposed, while England comes in the rear for the monotony and tastelessness of its table. Only first class beef and mutton, (this is doubtless A number one), elementarily prepared, saves it from utter condemnation.

Just as cooking in the United States has evolved from the original simplicity of the English puritan's bill of fare gradually influenced by the diverse foreign elements that integrate its population, the cuisine of Cuba, though directly derived from Spain, its mother country, has been modified and refined by the products of a different soil and the requirements of a different climate, with possibly a French touch imported from Santo Domingo. (1)

Thus the national Olla of Spain is converted here into the Cuban Ajiaco; a thick soup, of course, but composed of entirely different ingredients. Instead of beef and ham, we find pork. Instead of potatoes, carrots, turnips, cabbage, garbanzos (chick peas) etc. we have sweet potatoes, yams, malangas, bananas, corn &c.

Much less oil is used in Cuban cookery than in Spanish and we are more critical here than they are over seas about its quality—at least about its rankness.

(1) After the negro upheaval in the beginning of the XIXth Century, thousands of French descended whites emigrated from Sto. Domingo and Haiti to our island.

Onion and garlic are used in Cuban cooking, to be sure. But "this requires another chapter", as Cervantes would say.

The excess of onion and garlic is offensive to delicate palates, without doubt, but its judicious use is most commendable.

A very small amount imparts a relish which few things can equal. The evil lies in its exaggeration. Just as musk and civet, two ill smelling substances, are found at the base of most exquisite perfumes—only in such minimum quantities that their presence is seldom detected, garlic and onion, knowingly employed, bring out the flavor of the choicest viands which would lose their zest and become flat without it. Like most spices, its discriminating use is a virtue, its excess, a vice.

Unlike that of other Spanish American countries, Cuban cookery is very sparsely spiced. Cayenne pepper is unpopular, Tabasco tabooed; only sweet peppers, green or red, are favored.

Fats and oils are often too abundantly used in Cuba; an unfortunate legacy from Spain, but the best cuisine is more chary of them. Less fried food appears to-day on Antillian tables than formerly.

The study of dietetics has taught the more enlightened that in the tropics sugar, instead of fat, should supply the the calories our organism requires.

The Creator has shown us what to eat by causing the earth to bring forth the things essential to the proper nutrition of man in each latitude.

The Esquimo needs fat, strong combustible for an intensely cold climate; therefore polar regions furnish him with the greasy flesh of bears and oil giving seals and fish. Coming southwards, wonderful cattle appear and superior dairy products; the temperate zone furnishes delicious poultry, fine fruits and vegetables, and so on until we reach the tropics, where meat is less good, butter only middling and northern fruits, such as apples and pears, non existant.

On the other hand Nature has lavishly provided this land with the finest fish in the world, right out of the Gulf Stream, unequalled crabs and lobsters, an almost infinite variety of vegetables—tropical and others—and luscious fruit, such as is only found in Paradise.

Pork is extensively used and we must frankly acknowledge that its quality

is excellent, being more delicate in flavor and more tender than in the North.

Sugar, the foremost national product, plays a great part in Cuban food: sweets are perhaps too preponderant. But one should not forget that it is better for the organism in the tropics to get its calories from sugar than from meat. In fact, a great specialist once told me that the popular "pan con timba" (a slang expression to denote a roll containing a slice of guava paste, a makeshift for a meal for the poor and often the consolation of hungry street urchins, to be obtained for two cents at any bodega), was an ideal combination, as it contains cereals, sugar and fruit, a perfectly balanced food product, better for the native, probably, than a beefsteak, and quite as nourishing.

Rice is, in a measure, the staff of life down here. We eat almost as much of it as Orientals do, and know how to prepare it. Rice appears on creole tables, rich or poor, twice a day and largely substitutes bread, without excluding it.

To prepare rice, like coffee, is simple enough yet most difficult to accomplish to perfection. White rice—of course—should be well cooked, and tender, each

grain separate from its neighbor without being dry.

Colored rice, that is rice with the addition of chicken, fish, and various condiments, is easier to prepare although apparently more complicated.

Corn is another important element in the repertoire of Cuban cookery and the tamale one of its masterpieces. Not the dry, hard article made from yellow meal highly peppered, known in the United States through the Mexican variety, but the delicious substance made from fresh corn grated from the cob and seasoned in the happiest and most successful way—a real inspiration.

Africa has yielded several contributions to West Indian foods, noteworthily okra, known as *quimbombó*. Southerners will probably enjoy it more than the inhabitants of the northern States.

The banana, which has become within the last twenty years a world staple, is a prime factor here, seen in endless varieties. The fruit—from the tiny date banana to the popular Johnson and the cooking vegetable, which goes through a whole gamut, and is eaten

green, half ripe, ripe and over ripe; fried, boiled, baked, broiled or stewed.

But the following pages will tell you all about it.

The preparation of some of the marvellous beverages—alcoholic and otherwise—which have made Havana famous will surely not be amiss in this little book.

May you be able to procure yourselves, though far from here, the proper ingredients with which to concoct them!

I wish to express my appreciation to Mr. Conrado W. Massaguer and Mr. Federico Edelmann for their kindness in drawing the vignettes.



SOUPS

JIGOTE. (Bouillon en tasse)



This is an especially good broth, usually served at late suppers, in cups. In olden times no party or reception was complete without it when refreshments were served at midnight. In later years it has somewhat lost its popularity;

but its use certainly deserves to be revived.

I am giving a recipe for a dozen cups, but quantities may be increased or decreased proportionally as required.

1 fowl
 2 lbs, beef
 veal bone or beef knuckle bone
 2 carrots
 2 turnips
 sprig of celery *parsley?*
 large onion stuck with 1 or 2 cloves
 3 or 4 tomatoes
 salt to taste
 1 goblet good old Sherry wine.

Put fowl with its giblets, beef and bones in a large kettle with 4qts. of cold water. When it begins to boil, skim carefully. Let cook moderately for three hours, then add vegetables and seasoning; and let boil gently a couple of hours more. The broth has by this time been reduced to about 3 qts.

Strain and let cool; remove fat; reheat, add Sherry wine.

The liver, tender parts of gizzard and a piece of breast from the chicken should be run through the finest cutter of the meat chopper and a teaspoonful of this powdered meat put into each cup, which is then filled with the steaming broth.

SHRIMP SOUP.

- 1 lb. large shrimps
- 6 potatoes size of an egg
- 1 ear of fresh corn cut in small sections
- 4 large tomatoes or half a can
- salt, pepper, bay leaf, 2 cloves
- 2 tablespoons butter
- 1 kernel garlic
- 1 onion
- 2 egg yolks
- 1 qt. milk
- 1 pinch bicarbonate soda

Boil shrimps, remove from water and peel them. Keep water in which they have been boiled.

Fry chopped onion and garlic in butter; add minced tomatoes, salt, pepper, cloves and bay leaf and 1 cup water; cook 15 minutes. Strain and place in kettle with water in which shrimps have been boiled. Put in potatoes and corn and let cook. Add pinch of bicarbonate. When tender, add milk and shrimps. Thicken broth with two beaten yolks, previously mixed with a little of the warm liquid to avoid curdling.

A potato, a disc of corn and several shrimps should be served with each

portion. A poached egg can also be put in each plate.

FISH SOUP. (Canary Island style)

Head of large fish, preferably pargo
(red snapper)

1 lb. fish

1 onion minced

bay leaf, clove, salt, pepper, chopped
green pepper, a few very thin
slices of stale bread

4 potatoes

spoonful chopped parsley

3 or 4 tomatoes

$\frac{1}{2}$ cup olive oil

juice of 2 lemons.

Boil the fish head in 2 qts. of water for a long time until it falls apart.

Meanwhile prepare seasoning: onion browned in olive oil with tomatoes, salt, pepper, bay leaf, cloves, garlic (if desired) and green pepper. Add the seasoning to the water the fish head has been cooked in, strain to remove bones etc. and return to fire. Then add the potatoes, diced; when almost done add the fish cut in small pieces freed from bones and skin, lemon juice and the thinly sliced bread. The bread may be left to boil

in the broth or, if preferred, just put in at the last moment.

SOPA DE AJOS (Garlic soup)

In spite of its ill sounding name this soup is delicate and easy to make.

- 2 kernels garlic
- 2 tablespoons olive oil
- 1 qt. water
- 2 slices stale bread or its equivalent
- 1 egg
- salt, pepper or paprika.

Brown garlic slightly crushed, in olive oil, put in 1 qt. water; let boil a while, then remove garlic kernels, season with salt and pepper and put in pieces of bread cut in squares. Allow to simmer for a few minutes, add beaten egg, previously mixed with a little of the warm liquid and serve.

A J I A C O

This is the national dish of Cuba, especially in the country. It is a thick soup full of vegetables. Some of each kind should be served in every plate. It is seldom seen at fashionable res-

taurants, being a homely concoction, but withall a savory one.

- 2 lbs. fresh pork
- 1 lb. bones, preferably the spine of the pork
- 1 lb. yuca
- 2 ears of corn
- 1 lb. malanga
- 1 lb. yam
- 2 green plantains
- 2 half ripe plantains
- 2 ripe plantains
- 1 lb. sweet potatoes
- 2 chayotes
- 1 lb. pumpkin or yellow squash
- 3 or 4 tomatoes
- 1 green pepper
- 2 onions
- 1 or 2 kernels garlic
- juice of 2 or 3 green limes.

A very large pot is needed for this dish. Put in the meat and the bones and about 5 qts of water; let boil and skim, then put in the vegetables cut in pieces, in the following order: yuca, malanga, yam and corn, as they take longer to cook; half an hour later put in sweet potatoes and pumpkin (or squash). The green and half ripe plantains should be peeled and put in the general pot, but

the ripe ones, cut in slices with skin left on, should be cooked apart in another receptacle and added to the rest just before serving. The skin is left on to keep them from breaking, but it would discolor the broth if cooked with the other ingredients.

Make the seasoning (mojo) with chopped onion, garlic, tomatoes, green pepper, frying all together in a little fat. Salt and pepper to taste. The pumpkin should be taken out, crushed or strained and returned to the pot to thicken the broth.

It takes about two hours to make the ajiaco, which should boil slowly to avoid evaporation.

In the country a piece of jerked beef (tasajo) previously soaked, to rid it from its salt, is usually put in the ajiaco kettle.

OLLA. (Spanish pot au feu.)

This is not a Cuban dish, of course, but as it is often partaken of in Havana, perhaps it will not be amiss if we include a recipe for it in this collection.

The Olla is the national dish of Spain. There are, however, so many

varieties on the same theme, that almost every town, surely every province, of the Spanish peninsula has its particular way of making it.

After the meat and vegetables are all well done, the broth is drawn off and prepared with vermicelli, rice or bread, as soup, and a wonderful soup it is, the natives claiming that a royally prepared Olla should resuscitate the dead.

The meat cut in pieces and placed on one platter and the vegetables on another, can be served with tomato or vinaigrette sauce.

- 2 lbs. beef brisket or flank
- 1 marrow bone
- $\frac{1}{2}$ lb. ham and ham bone, if possible
- $\frac{1}{2}$ lb. salt pork
- 1 chorizo. (This is a very Spanish sausage whose taste gives character to the Olla)
- 1 piece morcilla (blood sausage)
- 1 lb. garbanzos (chick peas)
- $\frac{1}{2}$ a cabbage
- 2 carrots, 2 turnips, 2 leeks
- $\frac{1}{2}$ lb. string beans
- 3 or 4 tomatoes
- 1 kernel garlic
- 2 onions

1 pinch of saffron, salt and pepper
2 lbs. potatoes.

Put the various meats and bones in a large soup kettle and fill it more than half way up with water, let boil and skim. Then put in the chick peas (garbanzos) which have been soaking over night; an hour later, the other ingredients except the potatoes, which would fall apart if cooked too long, 20 minutes being sufficient for them.

For a very extra occasion a hen can be added to the broth and served along with the beef, ham and saussages.



F I S H

The Gulf of Mexico has the best fish in the world and Cuba is particularly favored in having a fine assortment of first class sea food.

As the climate does not permit keeping the fish, it is customary to eat it just out of the sea; and all who have tried it recognize the superiority of the freshly caught over the preserved on ice article.

The king of Cuban fishes is the pargo—a variety of red snapper of excellent flavor—the serrucho is also commendable as is the rabirrubia and the guaguancho.

PARGO, Cuban style.

This fish may be prepared in infinite ways, in any style prescribed by chefs of classic cuisine, but as this is not a general cook book, we shall limit ourselves to the mode most characteristically Cuban.

After cleaning thoroughly a good sized pargo, add salt and the juice of 2 green limes. In a skillet place 2 spoonfuls of olive oil, half a cup of toasted almonds which have been pounded in a mortar or very finely chopped, a minced onion, a spoonful of broth and a large spoonful of chopped parsley. Let cook a few minutes. Put in the bottom of a basting pan more oil, an onion in slices, a bay leaf, a sprig of thyme and a few pepper corns. Place the fish on this bed, the seasoning of almonds, onion and parsley on top, with a little more lime or lemon juice and allow to bake in a moderate oven until done.

Should it be too dry, add a few spoonfuls of broth.

BOILED PARGO, AGUACATE SAUCE

Boil a three pound pargo in a fish kettle with water enough to cover it completely, salt, pepper two tablespoonfuls vinegar, an onion, bay leaf, sprig of thyme and bunch of parsley.

Eat hot or cold with following sauce:

One aguacate (Alligator pear)

Crushed and passed through a sieve, to which add one spoonful vinegar, three

of olive oil and juice of a lemon. Salt and pepper to taste. Beat well. This makes a delicious sauce, the consistency of mayonnaise. Original and exotic.

PESCADO A LA MINUTA. (Minute fish)

Small pargos are split open removing head and bones; they are allowed to stand a little in salt and lime juice; dredged with flour, dipped in beaten egg, then in fine bread crumbs and fried to a golden brown in deep fat or oil. Served with sliced lemon or parsley.

STEWED FISH. (Cuban style)

2 lbs. pargo or serrucho in slices
 1 onion chopped
 1 kernel garlic
 6 large tomatoes or half a can
 2 large green peppers
 1/2 cup olive oil
 bay leaf, salt and pepper.

Brown onion and garlic in olive oil; add tomatoes, bay leaf, salt and pepper. When well cooked, strain and pour over fish; add the sweet green peppers quartered. Cover closely and cook on slow fire. It is not necessary to add any

water, the fish yielding sufficient liquid for the sauce.

STEWED FISH. (Catalan style)

A variation on the above theme, only red sweet Spanish peppers (pimientos morrones) are used instead of green ones; the sauce is more abundant, broth being added, which may be thickened with a little flour. Decorate with fried croutons, red sweet peppers and hard boiled eggs. Some like a pinch of saffron in this preparation.

ESCABECHE. (Marinated fish)

Though of Spanish origin, this mode of preparing fish is very popular in Cuba. It is an unusually good dish for picnics and automobile luncheons.

- 2 lbs. serrucho in slices
- 3 sliced onions
- 2 kernels garlic
- bay leaf, pepper corns, paprika, a
pinch of thyme or marjoram
- 2 pickles
- $\frac{1}{2}$ cup vinegar
- 1 cup olive oil
- 2 dozen olives.

Fry fish till brown in olive oil. Take out and place in earthen jar having a closely fitting cover. Put the sliced onion and rest of seasoning in the oil in which the fish has been fried. Cook a few minutes and pour over the fish in the jar. Then add olives, sliced pickles and hot vinegar: more or less can be used, according to taste and strength of vinegar. Cover tightly and allow to rest over night. This will keep for several days.

STEWED FISH JELLIED.

(without gelatine)

Pargo is best, but striped bass is an excellent substitute.

1 fish weighing $2\frac{1}{2}$ or 3 lbs.

3 spoonfuls olive oil

1 large onion, minced

1 kernel garlic

1 bunch of parsley

1 bay leaf

3 or 4 cloves

a few pepper corns

1 pinch paprika

1 pinch pepper

salt to taste

2 spoonfuls vinegar

2 egg yolks
2 spoonfuls flour
1 spoonful butter
2 lemons.

Slice fish in cross sections. Fry onion and garlic in olive oil in large pan. Put in fish, including head, taking care not to disturb the order of the pieces, as it is desirable to reconstruct the fish on the platter, to give the impression that it is whole, notwithstanding the fact that it has been divided into pieces. Cover fish completely with water. Add parsley, salt, bay leaf, cloves, pepper corns, paprika and vinegar. Let cook on moderate fire until the fish is done.

Take the pieces out carefully and place them in order on a long fish platter.

Strain the broth in which the fish has been cooked. Thicken with flour which has been worked with a spoonful of butter into a smooth paste. Add egg yolks and lemon juice. Strain again, if necessary, and pour over fish in the platter. The sauce should cover it completely and when cold will form a firm and delicious jelly.

Decorate with slices of lemon and put a bunch of parsley in the fish's mouth.

BACALAO A LA VIZCAINA.

(Codfish Basque style)

- 1½ lbs. salt cod fish
- 12 tomatoes or 1 large can
- 3 onions
- 2 kernels garlic, pepper corns
- paprika, bay leaf
- 1 can Spanish pimentos
- several slices stale bread
- 1 slice ham
- ½ pt. olive oil.

This dish is eminently Spanish and some people will consider it rather strong and heavy. It has its partisans, however, and is so typical that to omit it here might be considered a sin.

Bacalao a la Viscaina is cooked in a flat open earthen vessel called *freidera*, such as is used for Rice and Chicken, and is likewise sent to the table in the receptacle in which it is cooked.

The cod fish is soaked over night. Remove all bones and skin and cut into pieces about two or three inches square.

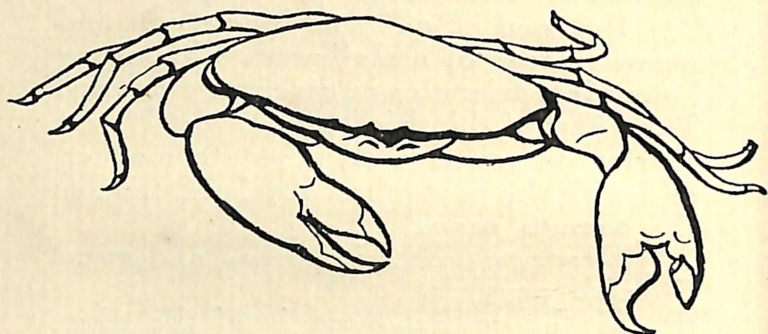
Put part of oil in skillet, 1 chopped onion, garlic, pepper corns, bay leaf and paprika and tomatoes. Cook until well done. Strain. Then slice thinly two remaining onions, fry slightly in a

little more oil without browning, add strained tomato and ham cut in small pieces. Then put in cod fish and let simmer in this sauce.

Put rest of oil in a frying pan and brown pieces of stale bread, which may be cut into triangles or discs for croutons. Take part of this fried bread, crush in a mortar or pound with a potato masher, and with the paste thus obtained, thicken the tomato sauce.

Decorate with fried bread and sweet Spanish peppers.

If the codfish used is of the white variety, it will be sufficient to prepare it as indicated above, but if stock fish, which is drier, is employed, it will be necessary to boil it in water before putting it in the sauce, where it finishes cooking.



SHELL FISH

MORO CRABS

If there is one thing for which Havana has a well founded reputation, it is certainly for its moro crabs (not Morro like the Morro Castle, if you please, but moro, meaning Moorish). They are simply insuperable.

There are many ways of cooking them, but after all has been said, no way is better than just plain as Nature made them. Only, to pick over crabs at the table is a most inelegant operation

and they should be served all ready for use. That is, the meat of the claws and body all carefully taken out, freed from bone and replaced in the crab shell, whence it can be taken with a fork and eaten with mayonnaise or sauce vinaigrette.

MORO CRAB COCKTAIL No. 1

Is a very choice way of serving this delicious delicacy. A very small liqueur glass containing tomato catsup is placed in the centre of a large champagne coupe containing flaked crab meat, well iced and accompanied by half of a green lime.

MORO CRAB COCKTAIL No. 2

Juice of half a lime, few drops of Tabasco sauce, teaspoonful vinegar, $\frac{1}{2}$ teaspoonful tomato ketchup, few drops Worcestershire sauce, salt. Mix with crab meat and serve in small glass surrounded by ice. Same formula can be used for oysters and clams.

LOBSTERS

They are so abundant in these southern waters that, notwithstanding

their quality they are cheap, and considered an every day and almost common dish. Lobsters are served as elsewhere, in salad, a la Newburg, stewed with tomatoes, just plain grilled, etc. but a Cuban fashion—which is excellent—is stuffed.

Here is the recipe:—

STUFFED LOBSTER.

Good by Crayfish

2 lobsters
 3 eggs
 1 onion
 salt, pepper, paprika
 3 or 4 tomatoes
 1 cup bread crumbs
 4 ounces of butter or olive oil
 Small glass of Bacardi rum or cognac.

Boil lobster and cut in two, lengthwise, extract all the meat and chop finely.

Brown chopped onion in butter or olive oil (in Cuba olive oil is generally preferred for fish) and cook tomatoes; pass through a strainer to remove skin and seeds, then the bread crumbs which have been previously softened with milk or broth. Add eggs well beaten, and the rum. Mix well with the chopped lobster. Refill the shells, dot generously with

butter, sprinkle with cracker dust and brown in oven.

STUFFED CRABS.

Same as stuffed lobster.

LOBSTER HAVANAISE

- 1 lobster (boiled)
- 2 tablespoonfuls butter
- 1 tablespoonful flour
- 1 tablespoonful salt
- few grains pepper and paprika
- 1 cup cream
- 3 egg yolks
- 2 tablespoonfuls Sherry
- 2 tablespoonfuls Bacardi rum.

Mix butter and flour together, add gradually the cream and cook slowly for five minutes; season with salt, pepper and paprika (or Cayenne, if preferred). Add 3 egg yolks well beaten, the meat from a 2 lb. lobster, in pieces, and just before serving, two tablespoonfuls each of Sherry and Bacardi.



EGGS

FRIED EGGS CUBAN STYLE

Only strictly fresh ones may be used. Poach one at a time, in deep fat, not too hot. The white must remain smooth, almost like an egg poached in water.

FRIED EGGS SPANISH STYLE.

Poach in deep fat or oil which must be sizzling hot. The white of the egg puffs and browns a little at the edge.

HAVANESE EGGS.

Make a tomato sauce (chopped onion browned, tomatoes and a little green pepper) small cup of broth; strain, season; add some sweet red Spanish pimentos chopped, thicken with a couple of egg yolks. Put sauce in flat dish.

Open on the sauce the number of raw eggs required; add chopped parsley, a little salt, dot with butter and put in the oven until set.

HUEVOS EN ACEMITAS

(Eggs in rolls).

Round breakfast rolls are used for this popular dish.

Cut a small disc from top of roll. Extract the soft part of bread leaving only the shell. Put in a spoonful of almost any filling desired: minced meat, ham or chicken, petits pois, cream sauce and cheese, etc. Then drop in a raw egg on the filling, pour over it a little tomato or cream sauce and a piece of butter. Cover with the piece cut from top of roll. Another little piece of butter and put in the oven until the egg is set.

EGGS MALAGA STYLE

(Huevos a la Malagueña).

Served in individual plates.

Make a rich tomato sauce (onion browned in butter, bay leaf, clove, salt,

green pepper chopped and a dozen tomatoes) strain; allow about half a slice ham for each portion; cut ham into bits and add to sauce.

Put a lump of butter on each plate, a little of the sauce and one or two eggs according to taste and to the importance one wishes to give dish. Then a little more of the sauce. Surround the eggs with green peas, string beans, asparagus tips, shrimps and olives.

Put in the oven until the eggs are set, and serve.

REVOLTILLO. (Cuban scrambled eggs).

Brown in a little fat or butter a minced onion, three large tomatoes cut up, having previously removed skin and seeds, a green pepper, chopped; parsley, salt and pepper to taste. When these ingredients are cooked, add a quarter can of fine French peas (petits pois), then six well beaten eggs with a tablespoonful of butter and stir over fire until eggs are well scrambled. In Cuba we prefer them rather dry than too soft.

AGUACATE OMELET

Six egg, well beaten, three table spoonfuls milk, salt and pepper.

Put two ounces butter in a pan; heat; add the egg mixture and a moment before it is done, stir in half an aguacate, diced.





MEATS

ROAST SUCKLING PIG (*Lechón asado*).

The approved manner of preparing this most Cuban of all Cuban dishes is to roast the baby pig on a spit, over a wood fire, with plenty of guava leaves; but this is only practical in the country. In town we must be satisfied to roast it in the oven, seasoning it with salt,

pepper, a little garlic, savory herbs and plenty of sour orange and lime juice.

It should be very well done, evenly browned and very crisp.

The oven should be moderately hot, the pig basted and turned often. It takes from three to four hours to have it crisp.

A specialty really worth while and not easily forgotten, particularly if eaten on Christmas, when roast pig is quite as indispensable here as roast turkey is in the North

CHRISTMAS EVE. (Noche Buena).

The merriest night in the year. One is not supposed to go to bed at all on the 24 th of December. The cafés of Havana are ablaze of light, many shops are open and the whole town seems to have turned out for a holiday.

Most of the churches are open for midnight mass, after which the famous supper comes, corresponding to what in France is called the *réveillon*.

This supper has a classical menu, to which other elements may be added; but I shall give you the original *sine qua non*.

Roast suckling pig.

Black beans and white rice.

Lettuce salad.

Guava paste and Edam cheese.

Spanish turrón (a sort of nougat made
of nuts, eggs, honey etc.)

Oranges and Malaga grapes.

Black coffee.

Amontillado Sherry
and Moscatel wine.

CUBAN POT ROAST

This is the most usual manner
of preparing meat, quite popular and
unpretentious.

Put a small thick piece of round
of beef weighing two pounds, to brown
in an iron pot with a little fat or butter.
When seered, add a large onion sliced,
or several small ones whole, and a
kernel of garlic; let brown also; add
salt and pepper, bay leaf, sprig of thyme
or sage and a glass of dry Sherry or
white wine. Cover and let simmer a
while. Then add sufficient water to
almost cover meat. Cover closely and
let cook on slow fire until tender.

MEAT BALLS. (Albóndigas).

- 1 lb. beef
- 1 lb. pork
- 3 tablespoonfuls butter
- 3 tablespoonfuls bread crumbs
- 3 eggs
- 1 onion
- salt, pepper, nutmeg
- 1 tablespoonful capers
- 6 tomatoes
- 2 cupfuls broth

Run raw beef, pork and onion (half of a large one or a small one) through the meat chopper. Mix with bread crumbs, egg yolks and butter; then add the egg whites stifly beaten. Form into balls with the floured hand and cook a few minutes in the following sauce:

Onion browned in butter, six tomatoes, salt and two cups broth or stock. Strain and add capers. The sauce may be slightly thickened with a little flour or an egg yolk.

PICADILLO. (Cuban hash).

This homely dish served at all Cuban breakfast tables,—breakfast at noon, of course— is excellent when well prepared.

- 2 lbs. boiled beef
- 10 small tomatoes or 5 large ones
- 1 onion minced
- 1 kernel garlic
- 1 or 2 green sweet peppers
- 3 spoonfuls fat or butter
- Bay leaf, 3 cloves, pinch of salt.

Run boiled or other cooked beef through the chopper. Place in large frying pan the fat, add onion and garlic, let them brown, then add tomatoes in small pieces and other seasoning. Allow to simmer 10 minutes, then add chopped cold meat, mix well and cook a few minutes more. A dash of vinegar is often beneficial.

But this picadillo cannot be served alone. It must be accompanied by white rice, fried eggs and fried bananas.

To fry an egg Cuban style, you must really poach it in deep fat, and it is oh! so good that way, but the egg must be strictly fresh.

By fried bananas we understand fried plantains —the vegetable, not the fruit. The mode of doing it will be seen under the proper heading.

ROPA VIEJA. (Rags)

- 2 lbs. beef—preferably flank
 1 qt. fresh tomatoes—or a large
 canful
 1 onion, 1 kernel garlic and 1 green
 pepper
 1 carrot, 1 turnip, 1 leek.
 Small piece of bacon or ham
 1 bay leaf, 2 cloves, salt pepper,
 paprika
 3 or 4 Spanish pimentos, parsley
 and fried bread.

Put beef with bacon, carrot, turnip, leek in a pot. Cover with water and allow to boil slowly, tightly covered the meat is so thoroughly cooked that it will shread easily. (several hours).

Take out the meat, pound it and shread it with your fingers until it is a mass of threads (hence the name)—Rags.

Fry chopped onion and garlic in a little fat, add tomatoes, green pepper, bay leaf, cloves, paprika, pepper and salt and allow to stew. Then mix with broth in which the meat has cooked. Strain and thicken with bread crumbs. Add two Spanish pimentos, chopped, to

this sauce. Replace the shredded meat in this sauce, which should be abundant, and allow to simmer a while longer.

Decorate with sweet Spanish pimentos and small triangles of fried bread (croutons) with a sprig of parsley in center.

The boiled beef from the soup pot is often used for this dish but it is, naturally less tasty and nourishing, having had its juice extracted for soup.

VACA FRITA. (Fried cow).

Is of the same family as the above, only the beef, after being well pounded, is not shredded, but fried on a brisk fire and covered with a rich tomato sauce.

CHICKEN A LA CREOLE

Cut a chicken in pieces for serving; season with salt and pepper. Melt four tablespoons butter add one fourth cup finely chopped onion; put in chicken and cook until a golden brown. Remove chicken; add four tablespoonfuls (level) flour, two cups chicken stock, 2 cups stewed tomatoes, one green pepper finely chopped, half cup celery, salt to taste.

Replace chicken in sauce and simmer, well covered, until tender.

Arrange on dish; surround with sauce; garnish with Spanish sweet red peppers (pimientos morrones) and parsley.

ARROZ CON POLLO

(Chicken with rice) see pp. 54

PIG'S FEET ANDALUSIAN STYLE.

Another very Spanish dish but much relished in Cuba.

- 3 pig's feet
- $\frac{1}{2}$ lb. garbanzos (chick peas)
- $\frac{1}{4}$ lb. ham
- $\frac{1}{4}$ lb. salt pork
- 1 chorizo (Spanish sausage)
- 2 onions
- 1 kernel garlic
- 1 spoonful chopped parsley
- 5 tomatoes
- 2 green peppers
- 1 spoonful stoned olives
- 1 spoonful capers
- 2 spoonfuls raisins
- salt and pepper to taste.

The pig's feet are put on to boil the

day before they are needed. They take a very long time to cook and should be so soft as to be almost a jelly.

The garbanzos are soaked the night before and put on to boil alone until tender

In an earthen vessel, such as is used for "chicken and rice" or for "bacalao a la vizcaina", put the salt pork and the ham cut in small pieces and the chorizo (Spanish sausage); let fry in a little fat and then add chopped onion, garlic, tomatoes, green peppers and parsley. Simmer for 15 or 20 minutes; then put in the pig's feet from which all the bones have been removed and cut into small pieces. Add part of broth in which the feet were cooked. Let stew slowly, add olives, capers and raisins. Decorate dish with sweet Spanish red peppers and points of fried bread.

EMPANADAS. (Fritters with minced meat).

This is a very popular Cuban dish. Empanadas are often served for luncheon or taken in the pic nic basket.

1/2 lb. flour

1 tablespoonful lard

1 tablespoonful butter

2 eggs

1 teaspoonful baking powder

wineglassful Sherry

$\frac{1}{2}$ cupful water

1 tablespoonful sugar

pinch of salt.

Will make about 10 empanadas.

Sift flour with baking powder, salt and sugar. Make a mound on the table and form a well in the center into which put eggs, lard and butter, stirring in gradually the wine and the water. Knead well. This should make a smooth, soft dough. Let it rest in a cool place for a couple of hours, then knead again—if too stiff to roll out easily, add a little more butter. Roll out into a thin sheet, place a saucer upon it and cut all around in a circle. On this piece of paste put a heaping tablespoonful of filling, fold in two and seal by rolling together the edges of the dough. Fry in hot deep fat and drain on brown paper.

Filling:

Half a pound of any cold cooked meat: beef, veal, pork or chicken, run through the meat chopper. Season with a little chopped onion fried in butter, a tomato or two, salt and pepper, a few olives, capers and raisins (called in

Cuba an "alcaparrado"), and a chopped hard boiled egg. All this is mixed together in the pan.

The same may be done with cold boiled fish or lobster seasoned in like manner. They then become fish empanadas or lobster empanadas. With a bit of guava paste and sprinkled over when done with powdered sugar they are good also for tea.

CHIVIRICOS.

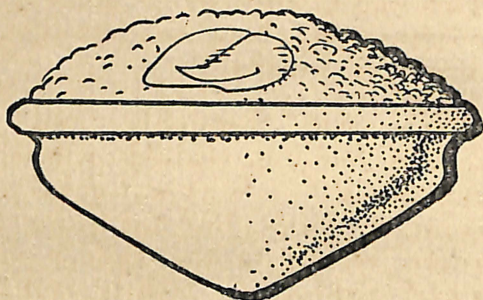
The same paste used for empanadas rolled out as thinly as possible and cut into strips, which are tied into knots or shaped into squares and diamonds or cut with a sandwich cutter into spades, clubs or hearts and fried in deep fat; generously dredged with powdered sugar. Are nice for bridge parties.

BRAIN FRITTERS.

1 calf's brain
 2 eggs
 1 tablespoonful flour
 1 tablespoonful baking powder
 salt.

Let brain stand in water half an hour, remove carefully membrane and clots. Boil for five or six minutes in water with salt and a spoonful of vinegar. Drain and cool. Cut into small pieces.

Prepare two egg yolks to which add flour, alt and a tablespoonful of water, work into smooth paste. Mix with brain. Beat whites of eggs until stiff. Have pan ready with deep fat, very hot. At the last moment fold in the whites and drop spoonfuls of the mixture into the hot fat. Fry light brown.



RICE

Rice is one of the fundamental foods of humanity.

The Orient practically lives on it and Spanish America runs a close second.

An active campaign of propaganda is spreading the greater use of rice throughout Europe—ostensibly to reduce the high cost of living. It has sterling qualities and infinite possibilities.

PLAIN CUBAN WHITE RICE.

- 1 lb. rice
- 2 qts. water

Good

1 heaping teaspoonful salt
1 small kernel garlic
1 tablespoonful good lard.

The rice should be of good quality and not too new. New rice is too starchy and becomes mushy.

Wash rice thoroughly and cook briskly in boiling, salted water, stir occasionally, that it may not cake. Cook until almost tender, but not quite. Drain off water, return to the saucepan, add garlic and lard. Cover tightly and finish cooking on a very slow fire until done. The vapor from the moist rice finishes the coction and the lard glazes it. Care should be taken that fire be very low to prevent the rice from burning.

If the rice is too much cooked before the water is strained off it becomes pasty; if too raw, it remains hard.

The secret of success in rice cooking lies in draining off the water at the proper moment. It usually takes about 15 minutes of quick boiling to burst the grain and 20 minutes more to steam it. But this varies with the kind and quality of the rice.

ARROZ CON POLLO. (Rice with chicken)

This is one of the first dishes offered to foreigners on arriving in Havana and it is invariably relished.

A decade or so ago there was a famous restaurant at the Chorrera, at the end of Vedado, on the Almendares river where, in a picturesque setting, in the shadow of the old fort, Rice and Chicken was cooked to perfection. One could go for a row on the river while the rice was being prepared.

The "Madama" who kept the place retired eventually with a round fortune.

Behold the recipe:

- 1 plump, tender chicken *about 3 lbs.*
- 1 lb. best Valencia rice *or less about 2 cups*
- 4 good sized tomatoes or $\frac{1}{2}$ can
- 1 green sweet pepper
- 1 onion, ~~1~~ kernel garlic
- 1 pinch Spanish saffron
- bay leaf, 2 cloves, salt and pepper to taste
- 1 tablespoonful good lard
- 2 tablespoonfuls olive oil
- wineglassful Sherry
- 1 small can Spanish pimentos
- $\frac{1}{4}$ can extra fine petits pois
- $\frac{1}{4}$ can artichokes.
- 1 cup water at least*

Arroz con pollo should be cooked in an earthen vessel called *cazuela*, widely open at the top and rather shallow. It is the classical utensil for this dish which is sent to the table right off the fire.

Cut up the chicken and brown it quickly with the lard, then the chopped onion and garlic, keep stirring to prevent burning, add tomatoes, green pepper, saffron, bay leaf, cloves, pepper and salt.

Let simmer for 5 or 10 minutes.

Cover with water and let boil until the chicken is tender.

Then add the rice, previously washed; cook on a moderate fire until the water has been absorbed, then sprinkle over the top the Sherry and olive oil. Cover and allow to steam on very slow fire until done.

A few minutes before serving cover the surface of your dish with pimentos, petits pois and artichokes. Allow to heat and send to the table in the receptacle in which it has cooked.

Rice can be prepared in practically the same manner using duck, ham or fresh pork instead of chicken.

ARROZ CON MARISCOS.

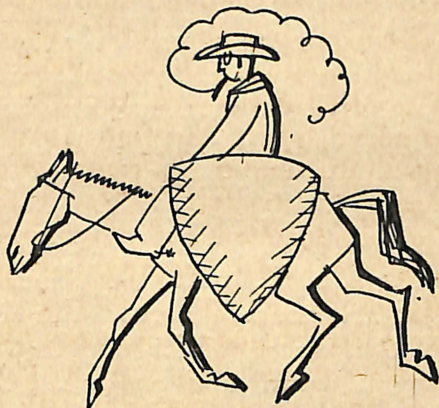
(Rice with sea food).

Rice can be cooked similarly with fish, shrimp or lobster. Olive oil instead of lard is always used when rice is cooked with sea food.

To serve, place the fish, (preferably a pargo), in center of dish with the yellow rice all around it, decorate with more crabs, lobster and shrimps.

This can be accompanied by the following sauce:

Sauté 2 tablespoonfuls each of chopped onion, green pepper, a clove of garlic in four tablespoonfuls of butter, until yellow; add half a cup of tomato. Season with salt and pepper (Cayenne if desired); add a spoonful of flour, a cup of white wine and strain. A few mushrooms sautéed in butter are an improvement.



BEANS

FRIJOLES NEGROS. (black beans)

This is the popular dish of Havana, found with white rice, on the table of rich and poor. It is good, nourishing, and for Americans, different.

The small black bean of Cuba (del país) is recommended.

1 lb. black beans

1 qt. water

salt, pepper

1 onion, 1 kernel garlic, bay leaf
 3 tablespoonfuls olive oil
 1 green pepper
 small piece of bacon or salt pork.

Wash the beans thoroughly and put them on to boil with a full quart of hot water. Do not salt until they are tender.

Fry chopped onion and garlic, add chopped green pepper and diced bacon or salt pork, salt and pepper to taste. Mix with the beans, which should have quite some liquid, and let simmer a quarter of an hour. Should they have absorbed the water while cooking, add more; they should not be dry. Crush a spoonful of beans to thicken sauce.

If preferred, they may be thus prepared and served in purée.

RED BEANS. (Frijoles colorados)

While black beans are the favorite in Havana, Santiago de Cuba and the eastern part of the island prefer red ones.

They are practically prepared in the same way as the black ones, but in Santiago they prefer to fry the seasoning (onion, garlic, green pepper, bay leaf) in lard.

JUDIAS. (White beans)

1 lb. beans
 1 qt. water
 1 piece of salt pork
 piece of pumpkin (calabaza)
 2 or 3 tomatoes
 1 onion, 1 kernel garlic
 handful of sorrel leaves or spinach
 spoonful of lard

Boil the beans until tender, do not drain off liquid, add seasoning fried in lard, pumpkin, spinach, and return to saucepan, let cook slowly half an hour more. Crush pumpkin to thicken sauce.

JUDIAS EN MUNYETAS.

(Fried white beans)

This is really a Spanish dish or more properly a Catalonian one, but it is very much used in Cuba and is, moreover, excellent.

1 lb. white beans
 1 qt. water
 $\frac{1}{4}$ lb. lard
 2 kernels garlic
 2 chopped onions, tablespoon chopped parsley

piece salt pork chopped
 slice ham, chopped
 smoked sausage if desired.

When the beans are very well done and soft, (they should break a little) drain off water, fry remaining ingredients, mix well all together, salt to taste. Put a little more lard in a frying pan and let the mixture brown slowly (15 or 20 minutes) turn over and brown the opposite side or fold like an omelet.

MOROS Y CRISTIANOS. (Moors and Christians)

When you have black bean porridge left over from the day before, make a new seasoning, (chopped onion, kernel garlic, bay leaf, a clove or two, chopped green pepper, large spoonful of olive oil and a few tomatoes) add this to the beans and cover with sufficient water to cook rice. Add rice, well washed and cook; when the water has been absorbed, cover tightly and allow to steam on a very slow fire until done.

Calculate about one cup of raw rice for two cups of cooked beans.

CONGRIS.

In the eastern part of the island, this combination is called Congris —done with red instead of black beans.

GARBANZOS. (chick peas)

This is the most Spanish of all grains, and is the most characteristic ingredient of the Olla. In Cuba the garbanzo is much used and is a valuable member of the dried bean tribe, well worthy of an introduction.

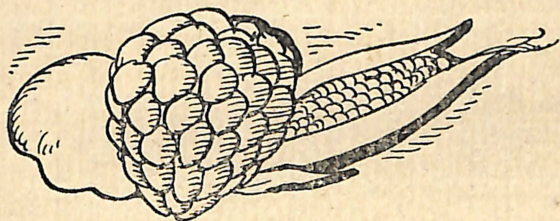
It is good as a porridge.

Soak 1 lb. garbanzos of good quality in salted water over night. Put on to cook—in plenty of water until well done and tender. The time required for their coction depends upon their age and quality. Generally it takes an hour or an hour and a half.

While boiling put in some salt pork or bacon cut in small pieces. When tender add 3 or 4 potatoes cut in pieces, a handful of sorrel; fry in a spoonful of lard and another of olive oil, a chopped onion, kernel of garlic, half a dozen tomatoes and a little parsley. When done, strain and add to the garbanzos,

leaving a little of the water in which they were cooked, that the porridge may not be too dry. A pinch of paprika or a few shreds of saffron may be added if desired.

Or they may be served just boiled with the addition of butter and chopped parsley.



CORN

TAMAL EN CAZUELA. (Soft tamal)

This delightful dish is made with fresh corn which must be harder than that which is eaten on the cob. The very young green corn is too watery and does not contain sufficient starch to thicken.

- 15 ears of corn
- 1 lb. lean pork
- juice of one sour orange or 2 limes
- 2 kernels of garlic
- 2 onions
- 4 or 5 tomatoes
- 1 green pepper
- 1 spoonful chopped parsley

2 ounces lard
salt & pepper.

The corn should be grated and the cobs then put in a basin with about 1 quart of water. Rubbing one against another a large portion of the juice and meal can still be extracted from the cobs. Mix this water with the grated corn and pass the whole through a sieve, so as to exclude the little pieces of membrane which cover each grain.

Fry in lard or other shortening, 1 lb. of lean pork cut into small bits; when brown, add sour orange juice or if that is not available, lime or even lemon juice add onion, garlic, tomatoes, green pepper, parsley, all well chopped and let simmer with the pork on a slow fire until the meat is tender. Then add the strained corn stirring with a wooden spoon on a somewhat quicker fire until thick, Let stand a while, well covered, before serving.

This can be eaten hot or placed in a mold and left to cool in the ice box: it will harden like a jelly and make a superlative dish for supper. If desired, the bottom of the mold can be decorated with green peppers, hard boiled egg, sliced tomato and olives.

TAMALES

The same ingredients are used. A chicken, fricasseed, can be substituted for the pork or added to it, very little water should be used, so the grated corn may have more consistency. Prepare the *mojo* (seasoning) as above; cook thoroughly and mix with the grated corn which has been passed through a sieve, but which is uncooked. Have ready on the table as many of these leaves as you need tamales. The quantity indicated will make about a dozen. Place on each shuck a large spoonful of the seasoned corn mixture and in each one a piece of chicken or meat; then fold carefully the ends of the corn shuck over this filling. If necessary add an extra leaf and tie firmly with a thin string or a stout thread. These should be immediately thrown into a kettle of boiling water and allowed to boil half an hour. Do not let them soak. To reheat put the tamales for a few minutes again in boiling water. They are also good cold.

Olives, raisins, almonds, hard boiled eggs, dices of ham can be added to the tamales according to each person's fancy.

They may be seasoned just with

salt and pepper or have a goodly dash of Cayenne added, as taste prefers.

Tamales are thus denominated "con picante" or "sin picante" (Biting or not biting).

CORN PIE

- 15 ears of ripe corn
- 1/4 lb. butter
- 4 egg yolks
- 1 teaspoonful salt
- 1 tablespoonful sugar.

Filling:

- 1 large onion
- 6 tomatoes peeled & seeded
- 1 tablespoonful capers
- 1 chicken or 1 1/2 lb. fresh pork
or 3 quails
- 1 tablespoonful stoned olives
- 1 spoonful raisins
- 10 prunes (stewed & stoned)
- 2 hard boiled eggs.

1°. The corn is grated from the cob and passed through a sieve as indicated for tamale, with very little water. Put this paste in a skillet with butter, salt & sugar, turning constantly on moderate fire until it thickens and

becomes firm; allow to cool and add egg yolks, working all together well. Line deep pie plate with this paste, fill with chicken or meat preparation, cover with more of the corn paste, varnishing with the beaten yolk of an egg, Bake in oven.

Filling: Brown a chicken, cut up with butter, onion, tomatoes and other seasoning as indicated. Allow to simmer, moisten with a little broth or water. When done remove bones and add capers, olives, raisins & prunes.

A pound and a half of fresh pork can be used instead of chicken or quail, which make a very fine combination with the corn.

ALBONDIGAS DE MAIZ. (Corn Balls)

10 ears corn

2 eggs

seasoning for sauce: onion, garlic,

4 or 5 tomatoes

1 green pepper, salt & pepper.

Cut off grains from 10 ears of corn. Grind in meat chopper, finely. Place in frying pan, salt & pepper and seasoning with part of above ingredients. Stir constantly with a wooden spoon until the corn mass thickens. Then take

from fire and allow to cool. When cold, add two raw eggs; mix well and form into balls.

Make a sauce with remaining ingredients fried in a little fat, with broth to make sufficient liquid. Let the balls cook in this sauce a few minutes.

CORN MEAL

Although the dishes made with fresh grated corn are more delicate than those in which the flour is used, corn meal is eaten widely in Cuba. I need not mention its various uses as known in the south of the U. S., many of which are familiar here. Corn meal, simply cooked in water with salt and the usual *mojo* of onion, green pepper and tomatoes mixed through it, is extremely popular, as is the cooked meal served with a rich tomato sauce, or again boiled in half milk, half water and additioned with sugar, butter and powdered cinnamon.

Tamales are made of corn meal, but they are not to be compared in quality with those whose basis is fresh grated corn.

Perhaps a recipe for *gnocchi* will be acceptable.

CORN GNOCCHI

- 1 qt. milk
- 1/2 lb. fine corn meal
- 2 egg yolks
- 3 oz. butter
- 3 oz grated cheese
- salt & pepper.

Pour the meal in the boiling milk very gradually, stirring all the time to avoid its clotting, add salt & pepper. Let cook, stirring frequently, on a moderate fire for 20 minutes. Remove from fire and when it cools a little, add two yolks.

Then spread on a large platter or tray and let cool completely. With a biscuit cutter or wine glass, stamp out small discs, place in a pyrex dish or other receptacle which will stand the oven; add the grated cheese and butter; dust if desired, with powdered crumb or cracker and brown in oven.

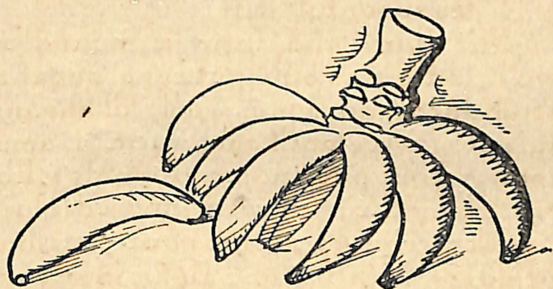
If you like the taste of nutmeg, a little of that spice may be advantageously added to the meal.

ROYAL PASTE PIE (Pastel de maza real)

- 1/2 lb. flour
- 3 egg yolks

- 4 oz. Sherry wine
- 1 spoonfuls sugar
- 3 spoonfuls butter
- 2 spoonful lard
- 1 teaspoonful salt

Sift flour and form a mound with a well. Into this hole put eggs, sugar, salt, butter, lard and wine, work all the ingredients together until they form a smooth paste. Roll out, not too thinly; line a deep pie plate; fill with stewed chicken or pork prepared as for corn pie (above) and cover with paste. Bake in moderate oven for 45 minutes.



BANANAS

The banana has made rapid strides in the past twenty years as a universal food staple. It is found and eaten in the remotest towns of European countries where not many years ago it was totally unknown; its wonderful merits as a nutritive product having been extolled by medical faculties and its intensive cultivation pressed.

Within a generation the West Indies and Central America have developed an immense trade in bananas which are exported throughout the world. The

Canary Islands have sprung into unwonted prosperity thanks to the banana plantations recently sown there.

In Cuba, as in the other Antilles the variety of bananas is infinite: they are divided into two principal sorts. Those that are eaten raw, designated as bananas, and the cooking kind, known as plantains, which are much larger and employed in four different stages of maturity: green, half ripe, ripe and over ripe and are prepared in different fashions accordingly.

FRIED PLANTAINS.

The plantain, or cooking kind will only be considered here: the others requiring no preparation. The favorite manner of using them is fried. They are peeled and cut into four or five pieces, then put into lard to fry. The temperature of the fat is important for it must be hot, yet not over hot, great care being taken that they do not brown too rapidly so as to cook thoroughly without burning. They should be sent to the table as soon as done.

The most approved manner is to

serve fried bananas with rice, *picadillo* and fried eggs.

The skin of the half ripe plantain is yellow, whereas the ripe ones are brown. They also are cut into 4 or 5 sections and partially fried in fat which is not very hot. When they begin to soften they are removed from the frying pan and, placing each piece in a raw banana skin, are flattened by a rather firm pressure of the hand —(the skin protecting the hand from the heat)—Once flattened, they are returned to the frying pan to brown. This time the fat must be hot —not so hot that it will burn, however.

BANANAS CHIPS. (*Galleticas*).

Green plantains are peeled and cut into very thin slices and fried in deep, hot fat like Saratoga chip potatoes. They are crisp and tasty. Should be slightly salted after they are fried.

BOILED PLANTAINS

Half ripe ones are usually chosen for this manner of cooking.

They may be eaten with butter.

Ripe ones are also good this way, but should be cut in three or four sections with the skin left on to prevent their falling apart.

BAKED PLANTAINS

Very ripe ones—the skin so dark that it is almost black—are preferred for baking.

Put into the oven and cook very slowly, unpeeled, they are excellent with butter.

In the country, they are baked in hot embers; a piece of fresh cheese inserted in a lengthwise slit before serving. This is exotic and most tasty.

Ripe plantains may also be broiled, whole, the skin removed when they are half done, and then replaced on the grill. Served with a lump of good butter on each.

PLATANOS EN TENTACION. (Bananas in wine).

This excellent preparation, though generally made with very ripe plantains is very good also with Johnson bananas, the fruit which is available out of Cuba.

It can be served with roast chicken, turkey or any other roast preferred.

5 plantains

4 ounces butter

1 glassful Sherry or red wine or,
in its defect, cider

powdered cinnamon

3 tablespoonfuls sugar.

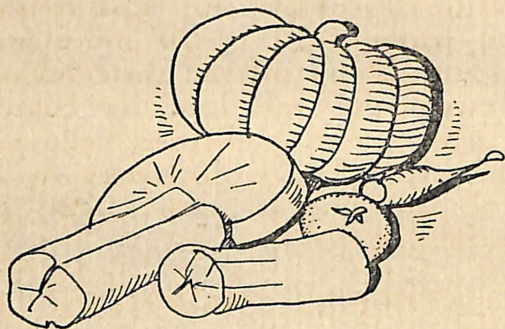
Let the bananas fry in butter until brown, care being taken not to break them when turning over.

Sprinkle with the sugar which should be allowed to caramelize without burning, which would give them a bitter taste; then put in the wine and sprinkle gnerously with powdered cinnamon. Cover and allow to simmer slowly for 15 or 20 minutes.

This is one of the very choicest of Cuban dishes.

MACHACADO DE PLATANOS (Mashed plantains).

Green or half ripe plantains are used. Boil them until done and with a potato masher, crush and break them into bits. Fry some small pieces of bacon or fresh pork in a pan with a little lard and add the crushed, boiled plantains; mix well and salt to taste.



OTHER TROPICAL VEGETABLES

CHAYOTES.

This is a delicious vegetable all too little known outside of Cuba. It has moreover health giving properties and can be given to children, convalescents and persons having a delicate stomach. Physicians recommend it highly for kidney trouble.

BOILED CHAYOTES.

Peel, cut in two, lengthwise, take out soft seed and pith, cut in several longitudinal sections and cook in salted boiling water —15 or 20 minutes are sufficient. Drain off the water at once, or the chayote will lose its beautiful fresh green color and turn yellow. It can be eaten hot with butter or cold with oil and vinegar, as a salad. It is delightful either way.

STUFFED CHAYOTES.

A very charming luncheon dish —or a novelty for Sunday evening supper.

Eaten hot or cold.

4 medium sized chayotes (8 pieces)

1 cup bread crumbs

2 eggs

$\frac{1}{2}$ cup raisins

$\frac{1}{2}$ cup blanched almonds chopped

2 oz. butter

$\frac{1}{2}$ cup sugar

salt to taste

$\frac{1}{2}$ teaspoonful powdered cinnamon.

Cut chayotes in two, lengthwise and cook in salted boiling water.

Do not peel them.

When done drain off water and allow to cool.

With a spoon, take out pulp from centre of chayote, discarding seed and taking care not to break the shell of the vegetable.

Pass pulp through colander to make a purée, add beaten eggs, sugar, bread crumbs, softened in milk, butter, raisins and cinnamon. Mix into a smooth paste and refill the emptied shells.

Sprinkle top of each half with a little powdered bread or cracker dust and the chopped almonds. Finish with a bit of butter on each and bake in oven until brown.

CHAYOTES AU GRATIN.

Four or five chayotes boiled in slices as indicated above.

Place in a pyrex dish, cover with bechamel sauce (2 oz. butter, heaping spoonful flour, 2 cups milk, salt and pepper), 1 cupful grated cheese; stud with butter and sprinkle with finely powdered bread crumbs

Brown in oven.

QUIMBOMBO. (Okra).

- 2 lbs. small young okra
- 1 slice ham or $\frac{1}{2}$ lb. fresh pork
- 1 onion
- 1 kernel garlic
- 4 or 5 tomatoes
- 1 green pepper
- 2 cloves, bay leaf, salt and pepper
- 2 cupsful of broth.

The okra should be very young and tender. Cut off head and end of pods, slice thinly and leave in water containing juice of a lemon while you prepare the seasoning (*mojo*): onion garlic, green pepper, tomatoes etc. all finely chopped and fried in a spoonful of lard. Add ham or meat cut into small bits and the broth and let simmer in the seasoning on a slow fire until tender. Then add the okra; cover the saucepan and finish cooking slowly. This is generally served with "fufu" which is nothing but boiled half ripe plantains crushed while hot and formed into balls. It is added to the quimbombó a moment before serving.

This is served as a vegetable, accompanied by white rice. If you want it as soup, add a greater quantity

of broth and put a ball of "fufu" in each plate.

LOCRO. (Pumpkin or yellow squash)

2 lbs. of pumpkin or yellow squash
 2 tablespoonfuls olive oil
 4 or 5 tomatoes
 1 large onion
 1 kernel garlic
 1 green pepper
 olives, fresh cream cheese, hard
 boiled eggs, shrimps.

Cut pumpkin, preferably the hard kind, in cubes; put tomatoes, onion, garlic and green peppers, all finely chopped to fry in olive oil. Then add the pumpkin, cover pot tightly and allow to simmer until pumpkin is well done. The steam from its own juice will cook it without necessity of adding any water; but care should be taken to leave the fire low, to avoid burning. Add a few spoonfuls of French dressing (oil and vinegar). Serve on platter and decorate surface of the dish with olives, small pieces of cream cheese, hard boiled eggs, shrimps, pimentos—as fancy indicates even tiny pieces of fried fish or fried oysters are used on this amusing, novel

and altogether charming dish, the stewed vegetable serving as a basis for a varied garnishing.

STUFFED GREEN PEPPERS.

The sweet variety is chosen.

- 6 green peppers
- 2 cups stale bread crumbs
- 1 cupful milk
- 1 finely chopped onion
- 3 eggs
- 1 small piece ham or bacon
- 2 ounces butter
- 4 or 5 tomatoes
- $\frac{1}{2}$ cup grated cheese
- 1 cup broth

Put bread in milk; while it is soaking, brown chopped onion in butter with chopped ham or bacon. Add, salt, pepper and two beaten eggs. Cut off tops of peppers and remove pith and seeds. Fill with the bread mixture and seal with grated cheese and crumbs or flour. Boil tomatoes in broth, season and strain, pour over the peppers which have been put in a roasting pan, and bake in oven, basting with broth frequently.

Cold boiled rice can be substituted for bread.

STUFFED EGG PLANT.

- 4 medium egg plants
- 2 eggs
- 1 cup stale bread crumbs
- 1 cup milk
- 1 small onion
- 3 tomatoes
- 2 oz. grated cheese
- 2 oz. butter or lard.

Cut egg plants in two, lengthwise, let stand at least an hour in well salted water —this removes any bitter taste— then in fresh boiling water until cooked. Take out and allow to cool.

With a small spoon remove the pulp carefully so as not to damage the shell. Mash and add the bread crumbs which have been previously soaked in milk and the egg yolks. Brown the chopped onion in a little butter and add the minced tomatoes, season with salt and pepper; when done, add to the pulp, work it all into a smooth paste put in part of grated cheese and a little more butter, then the whites of the eggs stiffly beaten.

Fill the shells, and finish with the

rest of the cheese, a little cracker dust and dots of butter.

Brown in oven.

YUCA. (Cassava).

Yucas are most nutritious and are more delicate than yams or malangas. Peeled and cut in sections they should be put on to boil in cold water and eaten either with melted butter or with a sauce called "mojo criollo", but this is not always relished by foreigners. As data, however, I shall indicate its composition.

Mojo criollo:

2 kernels of garlic pounded in a mortar, 2 tablespoonfuls of melted lard and the juice of 1 sour orange. Pour hot on boiled West Indian tubercles.

FRIED YUCA.

Drain off water from boiled yuca, allow to cool a little, flatten out pieces and fry in hot fat.

It may also be mashed, made into balls, floured and fried like potato balls.

PINEAPPLE FRITTERS.

Make a batter of:

1 cup flour

2 tablespoonsful sugar

$\frac{1}{2}$ teaspoonful salt

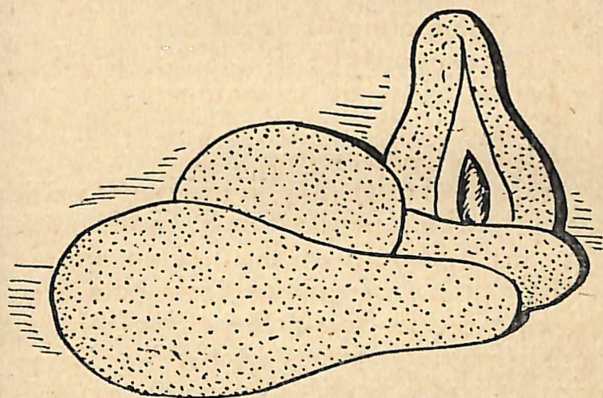
grated rind of a lemon

2 eggs

$\frac{1}{2}$ cup milk.

Mix and sift dry ingredients; add beaten yolks, lemon rind, and milk. Beat, cut and fold in the beaten whites.

Dip slices of pineapple in this mixture and fry in deep fat.



SALADS.

AGUACATE. (Alligator pear)

The aguacate is one of the masterpieces of creation as to flavor, consistency and nutritive properties. Its use is being extended rapidly and it is bound to become, in time, as popular as the banana. It is eaten generally raw with no other adjunction than a little salt, but is excellent as a salad, cut up, with plain French dressing.

GUACAMOLE.

A favorite salad made of cubes of aguacate and pineapple. French dressing.

STUFFED AGUACATES.

This is a marvel, and hostesses wishing to present a startling novelty, sure to please everyone, can offer nothing better.

Half of an aguacate for each person.

Peel the alligator pear, pulling off its skin carefully. Cut in two, lengthwise, and fill the cavity of each half, left by the extraction of the large seed, with a mixture of diced boiled vegetables—potatoes, carrots, beets, fine green peas, string beans and asparagus tips, mixed with oil and vinegar and masked with mayonnaise.

Much taste and imagination can be used in preparing this dish. The mayonnaise can be put on through a forcing tube, making a fancy design around the rim of the aguacate; pimolas or hard boiled eggs can be used, or the filling changed to any other salad combination desired, such as guacamole,

roasted green peppers or slices cucumbers. Russian dressing is sometimes employed to advantage.

The alligator pear can be served on a bed of tender lettuce leaves or on a lace paper doylie.

Used as an hors d' oeuvre or as a salad.

GREEN PEPPER SALAD.

The Cuban mode of serving green peppers for salad is to roast them in contact with live charcoals, so as to blister the tough skin which covers them, turning often to avoid burning.

When the peppers are blistered all over, the skin will readily come off. Rinse in cold water and macerate for an hour in French dressing.

QUIMBOMBO. (Okra).

Cut off tips and heads and boil until tender in salted water with the juice of a lemon (to cut the slime), drain and prepare with salt, pepper, oil and vinegar.

SALPICON. (Meat salad Camagüey style).

The boiled beef from the soup pot is generally used for this, but boiled or roast pork or veal can also be used. The meat should be cold—better cooked the day before—and cut into thin slices or small pieces, to which diced pineapple and quarters of oranges, freed from the thin membrane which covers each section, are added.

Mix with a generous dressing of salt, pepper, vinegar, oil and a pinch of mustard. Trim with lettuce leaves or water cress.

PLATO FRIO. (Cold dish).

For a Summer dish in the tropics or elsewhere.

Sliced cold meat and chicken, if desired, are placed in centre of a large platter. Around this place on lettuce leaves and arrange as individual taste dictates, slices of boiled potatoes, boiled chayotes, tomato, asparagus tips, alligator pear, olives and hard boiled eggs. Bathe with an abundant sauce vinaigrette: A little grated onion, chopped

parsley, $\frac{1}{2}$ a teaspoonful of French mustard, a dash of Worcestershire sauce, salt, vinegar and oil well mixed. The dressing may be served in a saucebowl apart.

ORANGE AND GRAPEFRUIT SALAD.

The fruit separated in its natural quarters, freed from membrane and pits, is arranged on lettuce leaves and covered with mayonnaise or French dressing.

GASPACHO.

An Andalusian dish—very good for suppers on a warm evening.

The base of this salad is a hard cracker like the common "hard tack" used by sailors, but it can be substituted favorably by the hard biscuits often served with Roquefort cheese, or other salt cracker.

Place half a dozen of these crackers, in small pieces, in a bowl; cover them with water and vinegar (4 spoonfuls for a quart of water) allow to soak until quite soft, then place in a colander and drain.

Make a sauce by crushing one

kernel of garlic in a mortar until reduced to a paste, add a couple of large, sweet, green peppers, in strips, three or four chopped tomatoes, salt, pepper, a couple of thinly sliced onions, half a cup of stoned olives, quarter of cup vinegar, half a cup of olive oil. Mix this with the soaked crackers. Then decorate the top with sliced tomatoes, sliced cucumbers, hard boiled eggs, olives and 8 or 10 good French sardines. The seasoning can be modified to taste.

Put the dish in the ice box, let stand and place a piece of ice on top before serving.

No cooking. It tastes better than it sounds.



DESSERTS. (Dulces)



A great many sweets are eaten in Cuba, some of them too sweet for unaccustomed palates—others excellent for all.

Eggs are abundantly employed, but the very best desserts are made of fruit and sugar. The most popular of all are the sweets made with guava: guava paste, guava jelly and guava preserves; either the fruit halved (*cascos de guayaba*) or the marmelade (*guayaba de medio punto*). Guava paste and jelly are generally eaten with cheese: cream cheese or

others, such as Edam or American. It is a fine combination. These preparations of guava can be done at home, but they very seldom are. There are important factories that prepare them well and inexpensively.

There are many qualities, of course. One should be careful to ask for *crema de guayaba*, which is lighter in color and finer in texture than the cheaper kind, being made from refined white sugar and the pulp of the guava, whereas the inferior kind is made with brown sugar and the whole fruit, crushed—probably skin and all. This is popularly called *corazón de condenado*—(heart of the damned) on account of its dark color.

Guava paste or guava jelly and Havana cigars are the classical presents brought to one's friends from Cuba. They are always acceptable.

FRUITS IN SYRUP. (Frutas en almíbar)

Most cuban fruits can be prepared in syrup. A heavy syrup is made in the proportion of one cup of water for two of sugar which should boil until thick; then the fruit (equal weight of

fruit and sugar) is put in and allowed to simmer until the sugar has thoroughly permeated the fruit. Time of coction varies according to fruit.

This rule will serve for pineapple, coconut (grated) guanábana, anón, guava (halved), papaya etc.

PRESERVED FIGS.

Small green figs are used, Cut a cross slit at the base of each fig and let stay over night in salted water—this removes the bitterness of the skin; drain and boil till tender, in fresh water. Then prepare a syrup, as above, and let simmer until the sugar permeates the fruit and the syrup becomes heavy again.

ORANGE PRESERVE. (Cuban style)

Peel oranges carefully, leaving as much of the white pith as possible. (Some people simply grate off the yellow part instead of peeling). Quarter the oranges and take out the juicy part. We only use the white part of the peel for the preserves.

Let these white shells stand over

night in water, then drain and boil in fresh warer, until quite tender.

Prepare syrup as for figs and let simmer until quite transparent.

It takes several hours.

LEMON PRESERVE

Same as for orange. Large lemons are used.

GRAPE FRUIT PRESERVE

Same as orange.

PINEAPPLE JELLY

Grate two pineapples, and extract the juice, pressing through a fine sieve. Take half as many cups of sugar as you have of fruit juice. Boil until syrupy. Add three egg yolks; stir in carefully to avoid curdling; cook without boiling a few minutes. Have a tablespoonful of granulated gelatine soaked in a cup of water. Dissolve in the pineapple mixture and pour in wet mold.

Set on ice.

ORANGE JELLY.

Same process.

Half as many cups of sugar as of

orange juice. Three egg yolks for about three cups of liquid.

One tablespoon granulated gelatine soaked in $\frac{1}{2}$ cup of water. Mold and set in ice.

SWEET POTATO DULCE. (Boniatillo)

Boil two pounds of sweet potatoes. When cooked, weigh. Put the same weight of sugar and half quantity of water in a skillet with peel of a green lime and a small stick of cinnamon. Make a syrup. Grate boiled sweet potato or pass through the fine grade of the meat chopper. Mix with syrup. Place on stove and cook until a rather thick paste is formed, stirring all the time.

Then incorporate carefully, the yolks of three eggs. Put on fire again for a few minutes without ceasing to stir.

A glass of Sherry wine may be added to advantage.

This is very sweet, but excellent. Boniatillo may be used as a base for other desserts.

SWEET POTATO IN CASES.

Make the above quantity of sweet potato dulce (boniatillo). Instead of three

egg yolks, add six. Beat well until very smooth. Then fold in the six whites stifly beaten and fill small paper cases with this mixture. Dust with powdered cinnamon and bake in moderate oven.

Very nice for teas and receptions.

SWEET POTATO CAKE

4 eggs
 2 cups flour
 2 teaspoonfuls baking powder
 4 oz. butter
 2 cups of boniatillo (sweet potato dulce).

Mix well boniatillo with butter. Add egg yolks, then sifted flour with baking powder, lastly fold in stifly beaten egg whites. Flavor with vanilla, orange flower water or lemon peel, as desired.

Bake in moderate oven.

SWEET POTATO PUDDING.

2 lbs. sweet potatoes
 4 eggs
 2 spoonfuls butter
 3 spoonfuls Sherry or Bacardi rum
 1 $\frac{1}{2}$ cups sugar

- 1 spoonful almonds
- 1 spoonful raisins
- 1 cup milk.

Pass boiled sweet potatoes through sieve or fine meat chopper, mix all ingredients together, place in buttered mold and bake in oven, setting mold in a pan of hot water.

BACARDI APPLE PUDDING.

Apples do not grow in Cuba but those from California and Oregon are so abundant here we employ them extensively and make a pudding which is almost a native article.

- 6 large apples.
- 3 eggs
- 1 cup bread crumbs
- $\frac{3}{4}$ cup sugar
- 2 spoonfuls butter
- $\frac{1}{2}$ teaspoonful powdered cinnamon
- 4 oz. Bacardi rum.

Chop apples finely, add egg yolks, sugar, butter, bread crumbs, cinnamon and rum. Mix well until it forms a paste. Add stifly beaten whites of eggs and bake in buttered mold in oven, placing mold in a pan containing water.

Eaten with a cream sauce or whipped cream.

MAMEY PUDDING.

- 2 mameys
- 1 cup milk
- 4 eggs
- $\frac{1}{2}$ cup sugar
- $\frac{1}{2}$ teaspoonful powdered cinnamon.

Remove stone and filaments of mameys, pass raw fruit through sieve. Add sugar, eggs, milk and cinnamon. Mix well and bake in buttered mold in a pan of water.

DOUBLE YOLKS. (yemas dobles).

This desert is typically Cuban. It may seem too intensely sweet and rich to North American palates. Some may relish it, however, as they may enjoy kindred preparations of sugar and eggs.

- 12 eggs
- 2 lbs. sugar
- 2 cups water
- 3 tablespoonfuls flour
- vanilla, lemon or Sherry wine flavoring.

Make a syrup of the sugar and water. When it begins to thicken, set half of the syrup aside; put the other half in a skillet; let simmer gently.

Take twelve egg yolks; beat intensely until they become thick and almost white.

Then beat until stiff, whites of three eggs; mix with yolks and beat both together for a while.

Sift through a fine sifter three teaspoonfuls of flour and add little by little, sifting it into the beaten eggs.

Drop a tablespoonful of this mixture into the simmering syrup. In a moment it will float, forming a yellow disc which is then folded in two with a skimmer, like a diminutive omelet.

Remove with the skimmer and place in a glass bowl or other recipient. Continue, spoonful by spoonful, not cooking more than two or three at a time in the syrup, until all the egg mixture has been disposed of. If the syrup should thicken too much add a spoonful or two of water; if it has become absorbed by the egg, add more syrup from your reserve.

When all your little omelets are ready, strain the syrup which remains,

flavor with vanilla, lemon or wine, as taste demands, and pour it over the double yolks in the dish.

ROYAL EGGS. (Huevos reales).

8 egg yolks
 1 pinch of salt
 1 spoonful Cognac or Bacardi rum
 1 lb. sugar
 1 cup water.

Beat egg yolks very vigorously until hard; while beating add salt, lime juice and liquor.

Make heavy syrup with sugar and water. Put a few spoonfuls of syrup in a small pan or pyrex dish; let it cover the walls of the dish as you would with caramel. Then place your beaten egg mixture in the dish and let cook in a pan with water or in a double boiler until the mixture is done (when a stick or fork comes out dry).

Remove from fire. Turn out and let cool. Cut in squares and cover with the syrup.

CANDIED YOLKS (Yemitas acarameladas)

For 10 egg yolks make a thick syrup with two pounds of sugar and 2 cups of

water; when it begins to thread, let cool. Take ten spoonfuls of this cold syrup, or one for each egg yolk. Mix, stirring gently with a wooden spatula and let cook on a moderate fire until eggs and syrup form a paste which separates from the bottom of the pan or dish. When paste is cold, form small balls, like marbles, with buttered hands. Take the rest of the of the syrup, add the juice of a lemon; let it cook to the point of cracking—that is, when a small amount in a cup of water will snap like glass. Into this hot candy put a ball of the egg paste, take out at once and let cool on a buttered pan.

SOFT YOLKS. (Yemitas).

This same paste of egg yolks and syrup, made into little balls, as above, are simply rolled in powdered sugar and wrapped in fancy paper.

ALMOND CHEESE (Queso de almendras).

1 lb. peeled almonds
 $\frac{1}{2}$ lb. sugar
 12 egg yolks

powdered cinnamon.

Soak almonds in water 10 or 12 hours.

The almonds should be pounded into a very smooth paste . Put the sugar into a small copper preserving kettle with three or four spoonfuls of water and let it cook until a thick syrup is formed; then stir in, with a wooden spatula, gradually, the almonds reduced to a paste and the egg yolks very well beaten. Continue stirring on the fire until the paste detaches itself from the bottom of the kettle. Turn out on a marble slab and allow to cool. Then knead thoroughly and put in a mold well sprinkled with powdered cinnamon.

This is a classical recipe from Camagüey, where almond cheese is famous.

SPANISH NOUGAT.

(Turrón de Alicante).

$\frac{1}{2}$ lb. heavy syrup (sugar and water)

$\frac{1}{2}$ lb. honey

6 egg whites

1 lb. toasted almonds or hazel nuts.

Mix syrup and honey with the

whites of 6 eggs stifly beaten. Add toasted almonds or hazelnuts, (or $\frac{1}{2}$ lb. of each) some of which are left whole, but the majority cut into bits. Put mixture in a small copper preserving kettle on moderate fire; stir occasionally until very thick and almost candied.

Put into small molds lined with wafer.

MILK JELLY. (Dulce de leche).

Take half as many cups of sugar as of milk and stir until sugar is quite dissolved. Add pinch of salt, two inch piece of vanilla bean and a piece of lime or lemon peel. Cook in copper preserving kettle on moderate fire, stirring continually with wooden spatula until the dulce is thick and the color of coffee with milk.

It thickens considerably when cold.

One quart of milk will make a fair quantity.

ARGENTINE MILK JELLY.

(Dulce de leche argentino).

6 egg yolks

3 cups milk

1 cup sugar
 small piece vanilla bean
 3 spoonfuls of sugar, caramelized
 1 spoonful butter.

Cook milk and sugar, stirring constantly until tan colored, then add egg yolks, caramelized sugar, and vanilla bean (or extract).

Continue stirring on moderate fire until thick.

RICE AND MILK (Arroz con leche).

A homely dish, yet one of the most difficult to accomplish to perfection.

4 1/2 lbs
 1 qt
 8 oz
 1/2 lb. Valencia or Carolina rice
 2 qts. milk
 3/4 lb. sugar
 piece of stick cinnamon
 peel of half a lime or lemon.

Wash rice thoroughly in several waters. Put on to boil with three cups water until the grain is quite cooked. When the water is absorbed, add milk a little at a time and flavoring, stirring occasionally. It takes a long time and much patience to make this dish. When all the milk has been absorbed and the mixture is creamy, add sugar. Cook a while longer.

If the sugar is put in too soon the rice will harden.

Pour in glass bowl and dust with powdered cinnamon.

CORNSTARCH PUDDING. Cuban style (Natilla).

1 qt. milk

$\frac{3}{4}$ cup sugar

5 4 level tablespoonfuls cornstarch
piece stick cinnamon

peel of half a lime

4 6 egg yolks.

Disolve corn starch and egg yolks carefully with milk, Strain, add sugar and flavoring. Cook in double boiler or on direct moderate fire, if one is very attentive not to stop stirring so as to avoid sticking or burning. When done, mold or, what is more typical, spread in open platter and put a few spoonfuls of caramel on its surface.

The combined flavor of lime peel and cinnamon with caramel gives this desert its special character.

DRUNKEN SOP. (Sopa borracha).

Sponge cake—if it is a couple of days old, all the better; cut in two inch

squares and cover with syrup, made of sugar and water, to which Sherry wine or Bacardi rum has been added.

There should be liquid enough to permeate the cake completely.

BREAD FRITTERS. (Torrejas).

Cut rather stale bread in slices. Cut off the crust. Pour a desertspoonful of dry Sherry wine (vino seco) on each slice and enough sweetened milk to wet the bread. Let drain. Beat very thoroughly two or three eggs. Dip each slice in the beaten egg and fry in deep fat.

Sprinkle with powdered sugar and cinnamon or bathe in syrup.

HULA - HULA

Cut off top of a pineapple. Scoop out the fruit, making a cup of the shell.

Fill cavity with pineapple ice and Champagne.

Serve with straws.

One for each guest.

COQUIMOL OR COCONUT MILK.

Grate two coconuts, add one scant cup water. Mix well and place in a

napkin or other stout linen and wring. (Preferrably done by two persons) so as to extract the milk juice from the grated coconut.

Make a thick syrup with sugar and water and take as many cups of this syrup as you have of the coconut milk. Add a cup of cow's milk and allow three egg yolks for every cup of the combined liquid.

Cook, stirring constantly with a wooden spatula or spoon. Put in a piece of vanilla bean.

When mixture comes away from sides of the pan, it is done.

It should have the consistency of thick cream.

CAFIROLETA

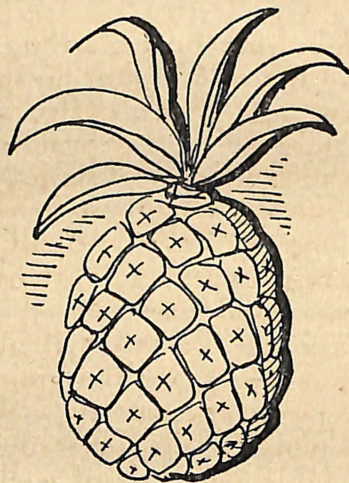
Half sweet potato dulce (boniatillo) and half coconut milk (coquimol) mixed.

COCO QUEMADO (Toasted coconut).

Grate a coconut. Make a syrup of two cups of sugar and one of water. When thick add coconut, yolks of four

eggs, small glass of Sherry wine, half
teaspoonful of ground cinnamon.

Mix all together and let cook, stirring
frequently until done. Spread in open
dish and brown in oven or under broiler.





COFFEE

"Coffee must be as strong as love,
as black as ink and as hot as the devil".

Cubans are great coffee drinkers,
most exacting as to the quality of the
bean and the excellence of its preparation.

It is simple enough to make coffee
as it is done in Cuba and all Spanish
America, but care and attention will
alone assure good results.

A plain tin or enamelled French
coffee pot is used, with a fine strainer
in the upper section.

For 4 small cups of strong coffee,
4 heaping tablespoonfuls of well roasted,
finely ground coffee are necessary.

Put the coffee in the upper part
of the coffee pot. Put 5 small cups of water
in a saucepan (one for each cup and an
extra one which will be absorbed by the
grounds). Let the water boil hard. Then
pour it on the coffee little by little, about
a tablespoonful at a time. The water

Good

*5 level 1 lb
1/2 measure
B. cup*

*1/4 measure
cup*

must be kept at the boiling point when poured on the coffee and this done very slowly.

Let the water pass through the grounds before pouring on more. It takes time and patience to make it right.

If you prefer the coffee less strong, serve a small pitcher of hot water and graduate the strength of the beverage to the taste of each guest.

Unnecessary to say that coffee must be freshly made each time. Never reheated.

To make coffee and milk, Cuban style:

Fill cup with hot milk and put a spoonful or two of strong black coffee into it.

Milk simply substitutes water and is much more nutritious for early breakfast when coffee, rolls and fruit constitute a meal.



MENUS

Gastronomic experts have declared that the best place to take breakfast (early) is New York; luncheon (almuerzo), Havana; tea, London and dinner, Paris.

The Cuban almuerzo —call it luncheon for lack of a better name, but it is a very solid meal —is famous, and I shall offer a few menus for those desirous of combining harmoniously some of the dishes described in these pages.

Dinners in Havana are more or less cosmopolitan, following the plan of French chefs, and are not particularly characteristic.

ALMUERZO

Grape fruit Marasquino.
Eggs a la Malagueña.
Rice and chicken, criollo.
Chayote salad.
Pineapple ice.

Moro crabs.
 Panned spring chicken
 with string beans.
 Bananas in *tentación*.
 Guacamole salad.
 Guava paste and cream cheese.

Stuffed aguacates.
 Pargo a la criolla.
 Güines potatoes, maître d' hôtel.
 Empanadas.
 Guanábana ice.

Grape fruit cocktail
 Broiled lobster, Tartar sauce
 Tamal en cazuela (soft tamal)
 Lettuce and cucumber salad.
 Mameys.

A very typical and familiar almuerzo.

Picadillo, rice and revoltillo (Cuban
 scrambled eggs),
 with fried plantains, ripe and green.
 Little pargos a la minuta.
 Water cress salad.
 Toasted coconut dulce.

A very nice way of serving this homely dish of hash and rice is to fill a good size mould half way with picadillo, the remaining half with white rice. Let stand a few minutes and unmould on a large dish with the revoltillo forming a generous border; the fried plantains are served in the same course.

Easy to prepare when not in Cuba.

Oyster cocktail.
 Eggs poached in olive oil.
 White rice — black beans.
 Sweet green pepper salad.
 Preserved figs and cream cheese.

Grape fruit.
 Lobster Havanaise.
 Squab chicken on toast with petits
 pois.
 Güines potatoes, maître d' hôtel.
 Stuffed chayotes.
 Guavas in syrup — Edam cheese.

Jigote.
 Boiled pargo, aguacate sauce.

Braised tenderloin.
 Stuffed egg plant.
 Pineapple and orange salad.
 Drunken sop. (sopa borracha).

Cocktail of Cuban shrimps.
 Huevos en acemitas (eggs in rolls).
 Cuban pot roast.
 White rice—bananas en *tentación*.
 Fruit salad.
 Mamey pudding.

Aguacate.
 Stewed pargo a la cubana.
 White rice.
 Corn pie.
 Lettuce and tomato salad.
 Assorted fruit.

Aguacate.
 Arroz con mariscos (pargo, lobster
 and crab).
 Tournedos with petits pois
 Tomato and lettuce salad.
 Double yolks. (yemas dobles).

Hors d' oeuvres.
 (Olives, sardines, radishes, shrimps).
 Ajiaco.
 Grape fruit salad.
 Hula-Hula.

Fruit cocktail with Sherry.
 Jellied pargo.
 Chicken and rice criollo.
 Chayote salad.
 Mamey ice.

Almuerzo for a hot Summer day.

Chilled melon.
 Pargo en escabeche (marinated)
 Cold stuffed chayotes.
 Water cress salad.
 Guanábana ice.

Aguacate.
 Moro crabs, stuffed.
 Chicken a la creole.
 White rice—fried plantains.
 Assorted fruit.

Grape fruit.

Pescado a la minuta (breaded fish fillets).

Boiled Güines potatoes.

Albóndigas (meat balls in sauce).

White rice.

Aguacate salad.

Natilla. (Cuban Custard).

Cups of oranges and Marasquino cherries.

Omelet with shrimps, tomato sauce.

White rice.

Plato frío. (mixed salad).

Guavas in syrup—Cream cheese.

Jigote.

Eggs a la Malagueña.

Tamales made from fresh corn.

Chayote and lettuce salad.

Apple pudding with rum.

Chilled melon in glasses.

Rice with fish, shrimp sauce.

Small grilled tenderloin steaks.

Sautéd new potatoes.

Guava jelly—assorted cheese.

COSMOPOLITAN DINNER IN
HAVANA, WITH A NATIVE
TOUCH

Daiquirí cocktails.

Toasted marañón seeds. (cashew
nuts).

Canapés of caviar.

Chablis

Consommé profiteroles.

Pargo, mayonnaise, garnished with
shrimp, crab and lobster.

Güines potatoes, maître d' hôtel.

Château Iquem

Smothered chicken.

Candied sweet potatoes—green peas.

Aguacates filled with pineapple salad.

Champagne

Coconut ice cream.

Petit fours.

Café noir or Café frappé.

Creme de menthe. Benedictine.



DINNER

Cuban Manhattan cocktails.

Cheese straws.

Haut Sauterne

Chicken gumbo soup.

Lobster Havanaise.

Chambertin

Filet of beef au Madere.

Chayotes gratin, string beans.

Hearts of lettuce and tomato jelly
mayonnaise.

Champagne

Coquimole—Wafers.

Hula - Hula.

Café noir.

Cuban pousse.

APPENDIX



COCKTAILS

The cocktail is not a native institution of Cuba.

Before the Spanish American war it was considered here an exotic drink and seldom served; but our northern visitors, who have come in larger numbers since then, having realized that our excellent rum and fine fruit juices formed an unequalled combination, the cocktails of Havana have gained a well deserved reputation and their fame encircled the earth.

Here is the manner of concocting some of the favorites.

ORIGINAL DAIQUIRI COCKTAIL

While the Guantánamo Naval Station was being established, in the early days of the Republic a group of officers were initiated into the secret of a cocktail made with the juice of green limes and Bacardi rum. It was immediately named Daiquiri, in honor of its birthplace, a little mining town nearby. The name is now famous.

One small glass Bacardi rum
 One teaspoonful sugar
 Juice of half a lime
 Shake well with cracked ice
 Serve in a very cold glass.

CUBAN MANHATTAN COCKTAIL

One half glass Rum
 One half glass Italian Vermouth
 A few drops Angostura Bitters
 Cracked ice. Shake well.

PRESIDENTE COCKTAIL

One half Bacardi Rum
 One half French Vermouth
 A few drops Grenadine

Stir well in large glass with two pieces of ice.

Strain and serve in well chilled cocktail glass, adding a twist of orange peel and a Marasquino cherry.

MARY PICKFORD COCKTAIL

One third pineapple juice
Two thirds Rum Bacardi
One dash Grenadine
Cracked ice. Shake well.

ISLE OF PINES COCKTAIL

One half teaspoonful sugar
One third grapefruit juice
Two thirds Bacardi Rum
Cracked ice. Shake well.
Served in very cold glass.

HAVANA YACHT CLUB COCKTAIL

Two thirds Bacardi Rum
One third Italian Vermouth
One dash Apricot Brandy
Cracked ice. Shake well.

GIN COCKTAIL

One teaspoonful sugar dissolved in a
little soda water.

Two dashes Angostura Bitters

One jigger Holland Gin.

Shake well with craked ice, strain and
and serve in very cold cocktail glass.

MANHATTAN COCKTAIL

One dash Orange Bitters

One dash Peychaud Bitters

One dash syrup

$\frac{1}{2}$ jigger Whisky

$\frac{1}{2}$ jigger Italian Vermouth.

Piece of lemon peel.

Shake with cracked ice and strain
into well chilled glass.

BRIDGE COCKTAIL

Juice of half a lemon in which
dissolve one teaspoonful sugar

One part orange juice

One part Old Tom Gin

Shake well with cracked ice and
strain in very cold cocktail glass.

MAH JONG COCKTAIL

One part juice of mandarin orange,
with teaspoonful of sugar well
dissolved

One part Old Tom Gin

Shake well in shaker with cracked
ice, strain and serve cold in cocktail
glass.

FRENCH CANADIAN COCKTAIL

One small mixing glass, into which put

One dash Absinthe

One pony French Vermouth

One pony Canadian Whisky

Fine ice

Stir well and strain into cold
cocktail glass.

VERMOUTH COCKTAIL

One dash Orange Bitters

One dash Peychaud Bitters

One dash syrup

One jigger either French or Italian
Vermouth —which makes it
either dry or sweet.

Lemon peel
 Lump of ice
 Stir and strain into cold, cocktail
 glass.

SHERRY COCKTAIL

One dash Orange Bitters
 One dash Peychaud Bitters
 One jigger Sherry
 Lemon peel
 Shake with cracked ice and strain
 into well chilled cocktail glass.

CHAMPAGNE COCKTAIL. (Dry)

Put into a large cocktail glass, well chilled, a lump of sugar moistened with Angostura Bitters.

The twisted rind of a green lemon.

Into this pour slowly dry Champagne, so cold that it is almost frappé.

CHAMPAGNE COCKTAIL. (Sweet)

Put into a large cocktail glass —always well chilled— a lump of sugar moistened with Curaçao.

Two drops Angostura Bitters
 The twisted rind of half a lemon
 Pour slowly upon this sweet Cham-
 pagne, so cold that it is almost frappé.

CREOLE COCKTAIL. (Old fashioned).

Use a medium size glass, well
 chilled.
 One teaspoonful sugar
 The juice of half a lemon and its rind
 Two or three drops Angostura
 Bitters
 A sprig of mint
 Half a jigger Rum
 Two pieces ice
 Fill glass with sparkling water and
 stir with long spoon.

GRAPEFRUIT BLOSSOM

One third grapefruit juice
 Two thirds Bacardi Rum
 Three dashes Marasquino
 Cracked ice. Shake well.

BACARDI BLOSSOM.

One half orange juice
 One half Bacardi Rum
 One dash Orange Curaçao
 Cracked ice. Shake well.

CLOVER CLUB COCKTAIL.

One portion Gordon Gin
 Juice of half a lime
 White of one egg
 One teaspoonful strawberry syrup
 Shake well in shaker with cracked
 ice, strain and serve in large, well chilled
 cocktail glass.

Sprinkle with a few drops of Creme
 de Menthe.

CLOVER LEAF COCKTAIL

Use small mixing glass into which
 put:

Juice of half a lemon
 White of one egg
 Half jigger of Dry Gin
 One jigger of cream
 Teaspoonful of Grenadine Syrup
 Cracked ice

Shake well and strain into a large,
cold cocktail glass.

Sprig of mint.

MERRY WIDOW COCKTAIL

One small mixing glass into which
put:

One dash Orange Bitters

One dash Anisette

$\frac{1}{2}$ jigger Gordon Gin

$\frac{1}{2}$ jigger Absinthe

Shake well with cracked ice and
strain into a cocktail glass.

DUBONNET COCKTAIL

One third part Gordon Gin

Two thirds Dubonnet

Put all into a glass with two pieces
of ice, stir, (do not shake) strain and
serve in well chilled cocktail glass.

HAVANA COOLER.

One lump ice

One jigger Bacardi Rum

One small bottle Ginger Ale
One bunch mint
Serve in Collins glass.

PLANTER'S PUNCH

Juice of a lime
One barspoonful of sugar
One jigger Bacardi Rum
Shake well, strain into a goblet with
fine ice and decorate with fruit and mint
(slice of pineapple, orange, lime and
cherry).

RUM COCKTAIL. (Cuban mojo).

In medium size glass put:
One teaspoonful sugar
Juice and rind of a green lime
Sprig of mint
One jigger Bacardi Rum
Several pieces of ice
Fill glass with soda water. Serve
with long spoon.



OTHER DRINKS

BACARDI FIZZ.

Juice of half a lemon
One barspoonful of sugar
One jigger Bacardi Rum
Shake with cracked ice, strain into
fizz glass and fill with syphon.

BACARDI SILVER FIZZ.

Juice of half a lemon
One barspoonful of sugar
One jigger Bacardi
White of one egg
Shake well with cracked ice, strain
into fizz glass and fill with sparkling
water.

GOLDEN FIZZ.

Same as above with the yolk instead
of the white of an egg.

BACARDI PINEAPPLE FIZZ.

One barspoonful of sugar
 One jigger pineapple juice
 One jigger Bacardi Rum
 Shake well, with cracked ice, strain
 into fizz glass and fill with syphon.

These fizzes can also be made with
 Gin instead of Rum.

SHERRY FLIP.

Use small mixing glass.
 One tablespoonful sugar
 One glass Sherry
 One egg
 Small amount of ice
 Shake well and strain into small
 thin glass. A little powdered cinnamon
 on top.

PORT WINE FLIP.

Same as Sherry Flip, except use
 Port instead of Sherry.

SHANDY GAFF.

Half glass of Bass's Ale
 Fill glass with Ginger Ale.

CUBAN MILK PUNCH.

One glass hot milk
 One tablespoonful sugar
 A little grated nutmeg
 The yolk of an egg
 One jigger Bacardi Rum
 Beat up the egg yolk with the sugar
 Add milk, Bacardi and nutmeg
 Mix thoroughly.
 A delicious beverage and good for
 colds.

HOT ITALIAN LEMONADE.

Tall thin glass into which put:
 Juice of one lemon
 Juice of one orange
 Tablespoonful of powdered sugar
 Hot water and a little Italian wine.

MINT JULEP.

One half teaspoonful of sugar
 One half wineglassful of water

Three or four sprigs fresh mint
 Fill up glass with shaved ice
 Do not stir or shake, but let stand
 three or four minutes until glass is
 frosted.

One wineglassful Whisky or Bacardi
 Ornament with mint and fruit.

OLD SOUTHERN MINT JULEP.

Large cut glass
 One lump sugar dissolved in a
 little water
 Four or five sprigs of mint
 Several lumps of small ice
 One jigger Brandy.
 Stir well
 Pour small amount of Port wine
 on top
 Trim with fruit and mint
 Serve with straws.

SHERRY COBBLER.

Use large thin glass
 Teaspoonful of syrup
 Small piece twisted lemon peel
 Wineglassful Sherry

Fill glass with fine ice
 Stir well
 Decorate with fruit and sprig of
 green mint.
 Serve with straws.

COFFEE FRAPPE

Use small mixing glass into which
 put
 One teaspoonful of sugar
 Two jiggers of coffee
 One pony of Brandy or Bacardi Rum
 Fill with shaved ice, shake well,
 strain into Burgundy glass and serve.

CUBAN POUSSE.

(After dinner drink).

One pony Bacardi Rum
 Two dashes Crème de Cacao
 One dash Anisette
 Cracked ice, stir well. Strain into
 frappé glass.

POUSSE CAFE.

Use a pony glass into which put
 equal parts of Anisette, Triple Sec Aldabó,
 Chartreuse and Brandy.

CLARET CUP.

Take large glass pitcher into which
squeeze juice of one lemon :

One tablespoonful powdered sugar

One pony Brandy

One pony Curaçao

One large piece ice

One bottle good Claret

Two pieces cucumber rind

One bottle Apollinaris

Set in refrigerator for a couple of
hours and add a bunch of mint.

 SAUTERNE CUP.

Large glass pitcher into which put :

One lemon sliced

One orange, sliced

Two pieces cucumber rind

One pony Brandy

One pony Marasquino

One quart Sauterne

One pint Apollinaris

The juice of one lemon

One large piece of ice.

Let stand in refrigerator an hour or
two. Decorate with small bunch of
mint and a few cherries.

Same recipe may be used for Rhine wine Cup or Moselle Cup, using either of these wines instead of Sauterne.

CHAMPAGNE CUP.

One large glass pitcher into which put:

- One lemon sliced
- One orange sliced
- Two pieces cucumber rind
- One pony Brandy
- One pony Curaçao
- The juice of one lemon
- One pint Apollinaris

Let stand in refrigerator an hour or two. A few moments before serving add one quart very cold Champagne. Stir well and decorate with bunch of green mint with a little powdered sugar on top.

Serve these cups in small, thin tumblers. The above cups are all made dry; if you desire them sweet, add a tablespoonful of powdered sugar to each pitcher.

DELICIOUS PUNCH.

Into a punch bowl put:

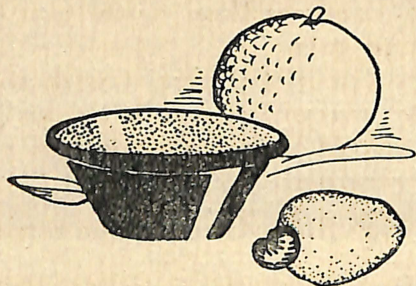
12 cloves, one stick cinnamon, peel of one orange and two lemons which have been boiled in a cup of water for five minutes. Strain.

Juice of 12 oranges
 Juice of 12 lemons
 One pound sugar
 One quart Bacardi Rum
 One quart Sauterne
 One quart cold Oolong tea
 One quart Apollinaris
 Large piece of ice.

IMPERIAL PUNCH.

Into a punch bowl put:
 One pound of sugar
 One quart cold coffee
 One bottle Port wine
 One bottle good Brandy
 One quart cream
 Large piece of ice.

This may be frappéd by putting it into an ice cream freezer and freezing it soft.



REFRESCOS. (Soft drinks).

The great variety of cooling beverages made from fruit, sugar, water and ice constitutes one of the attractions of the Havanese season. There is nothing more satisfying when one is warm than a long, cooling drink made from fruit juices.

Lemonade and orangade are universal; but a few spoonfuls of orange juice in a glass of sweetened water is quite another story from the juice of luscious Antillian oranges with no other addition than cracked ice; even sugar, being generally unnecessary.

PIÑA FRIA. (Pineapple juice).

The juice of a pineapple will make two glassfuls. Just grated or crushed,

strained, and shaken with cracked ice—sugar to taste.

Some people prefer it with the fruit, and the waiter generally asks if you want it *colada o sin colar*, that is, strained or not strained.

CHAMPOLA. (Guanábana refresco)

This is the most delicious of all, though everybody does not relish it on account of its very pronounced flavor.

For a large, tall glass of this refreshment the pulp of half a fruit is required. The guanábana is thoroughly crushed, strained shaken with cracked ice and sugar. The necessary quantity to fill the glass is furnished by the addition of a little water or of milk. The classical champola is made with milk.

This also is served strained or not strained, according to taste.

ANON REFRESCO

Same as above, using anón instead of guanábana.

ENSALADA. (Salad).

1 slice orange
1 slice lemon
small sprig mint

1 spoonful lime juice
2 spoonfuls Grenadine syrup
cracked ice and water.

ORGEAT. (Horchata).

This is very different from the orgeat made with syrup of almonds. It is the genuine milk of almonds we used to read about.

2 ounces blanched almonds pounded to a pulp in a mortar or very finely ground, are worked with a heaping tablespoonful of sugar and water enough to make one large glassful, added very gradually.

This is strained and cooled with ice.

COCONUT WATER

Only young, green coconuts have the necessary liquid. But a medium sized one will give two large glasses of delicious water which needs nothing more than the addition of a little ice to be perfect. Sometimes a teaspoonful of sugar enhances the taste, but generally the juice is sweet enough without it.

Coconut water is considered a wonderful remedy for kidney trouble and doctors here prescribe it; many persons

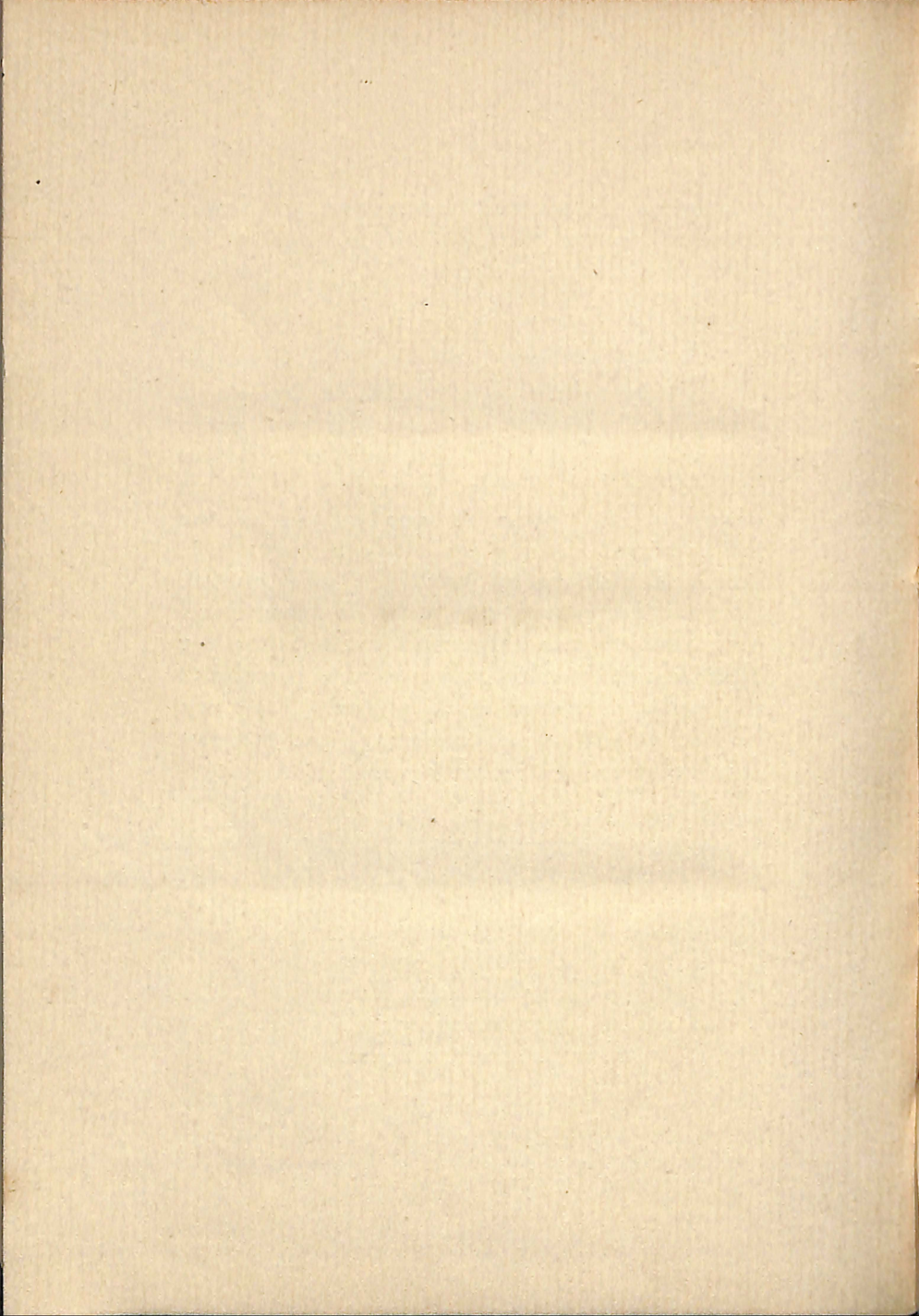
taking a delightful treatment of fresh coconut water in Havana instead of a cure at a European spa.

TAMARIND

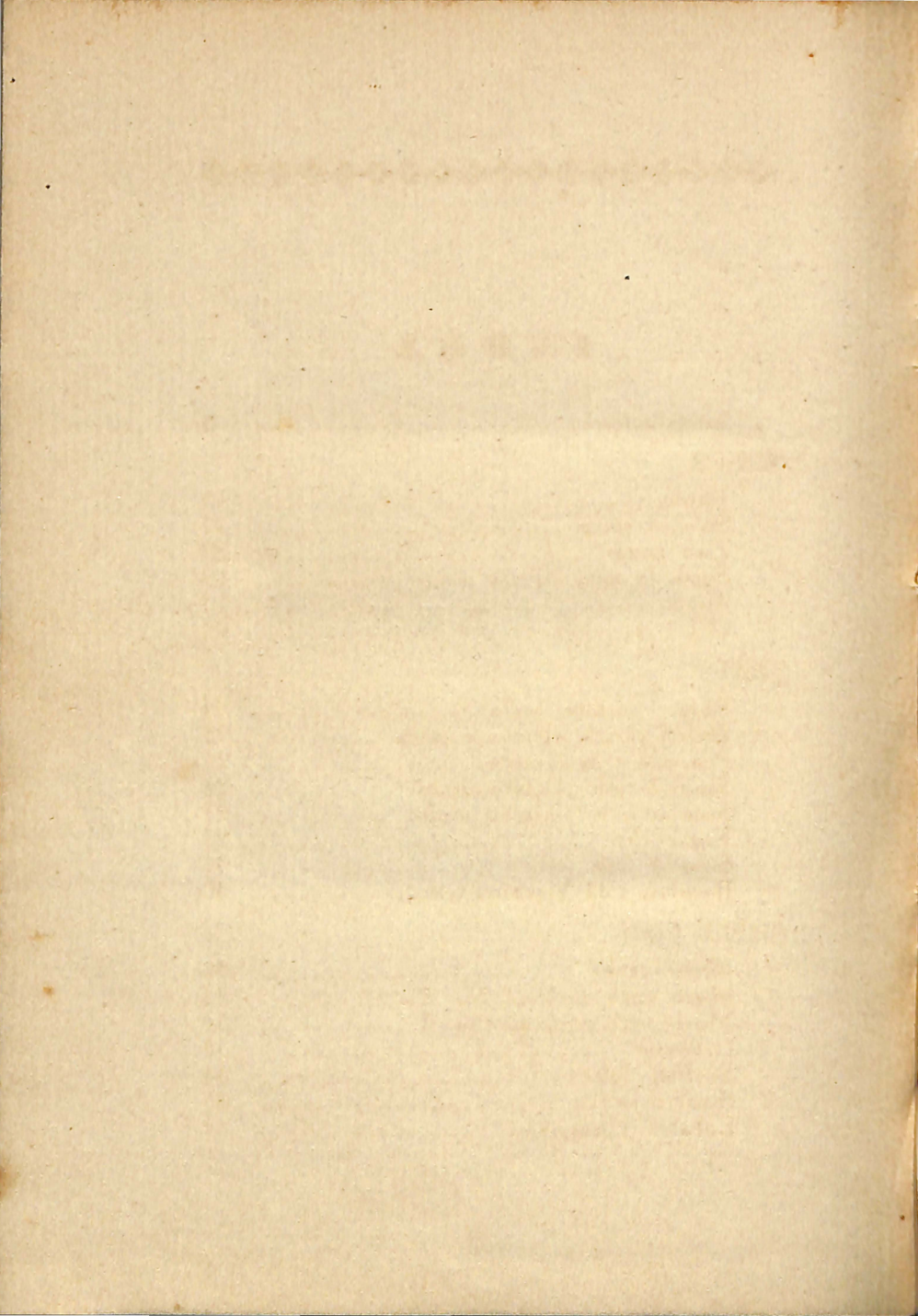
This exotic fruit makes a good beverage. It has a large brown pod; the shell being thin and brittle and the interior a soft pulp covering blackish beans. The pulp is soaked in water for several hours and then crushed, strained and taken with ice and sugar. It is very tart and needs to be sweetened plentifully. The usual and easiest manner of making tamarind refresco is to purchase the pulp prepared with sugar. (It may be had at cafés and groceries) and simply dissolve it in water with ice.

BUL

A very popular drink.
 Juice of half a lime
 One tablespoonful sugar
 Half a glassful light beer
 Half a glassful water
 Shake with cracked ice.



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