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A Delicious Look at Cuban Food

By Merrie Schonbach

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by: **Merrie Schonbach**

The Internet is a great resource for food lovers. You can find everything from recipes to home delivery of gourmet meals. International foods are a real treat that you can explore and enjoy.

In this article, we will explore Cuban food and offer you an easy recipe. There is a wonderful variety of Cuban food available such as coffee, fruits & jellies, rice dishes, sauces, spices, teas, meats, seafood, desserts, cookies & crackers.

Explore the tastes of light and dark coffee and cappuccino; Café Bustelo, Café Pilon, Café El Pico and several others.

Mango and Guava are used for a variety of fruit dishes and jellies such as Conchita Guava Shells, La Cubanita Mango Cream and La Fe Guava Paste.

Rice dishes are very popular, including those produced by Goya; Paella Dinner, Rice & Black Beans, Rice & Pigeon Peas and tasteful Yellow Rice.

Several sauces and spices add variety to the meals. Brands include Badia, Batey, Conchita and Goya. There is a little bit of everything to add additional flavor to your meals.

Teas are a favorite in the Cuban food line; several varieties from Chamomile to Mango are available.

Even meats can be purchased, Goya Chorizos (sausages), Pamplona Mussels in Brine, Pamplona Octopus in Oil and Sauce.

For dessert, there is Goya Flan, Majarete and Tembleque . Enjoy a variety of Gilda and La Estrella crackers and cookies with a cup of your favorite coffee or tea.

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Declare an International Food night and include the Cuban dish below.

Spanish Sausage and Peppers

1 Goya Chorizo Sausage

Olive Oil

1 Pepper (Your choice of sweet, red, cayenne, chili, etc.)

Sherry vinegar

Fresh parsley, roughly chopped

Chop sausage into bite size chunks. Put olive oil into a frying pan and fry sausage on high heat. Let the fat from the sausage come out into the oil. Cut the pepper into bite size squares. Turn the sausage and add the pepper to the pan. Add a splash of vinegar and the parsley and then mix everything. Skewer pieces of sausage and pepper with toothpicks and put onto a warm plate and serve.

This article was written for the Cuban Food Guy at

, enjoy a delightful

variety of Cuban foods ready to deliver to your door. Author: Merrie Schonbach

Workuba – International Workshop Modern Dance & Afro cuban Latin Dances

By Marta Bercy – General Director

Our Objective is to let you know in depth, the authentic Latin and Caribbean way of dancing, where African and European roots are melted, through a work filled Rythm, Plasticity, coordination and energy.

Includes several specialties:

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COMPLEMENTARY SPECIALTIES:

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Categories: Beginners / Intermediate / Advanced

A Delicious Look at Cuban Food

Workuba is supported by a Staff of outstanding Teachers with International recognition .

MARTA BERCY Born in Havana, Cuba. Modern Dance Teacher and Choreographer. As of 1987 she works as a Teacher in the "Centro de Promoción de la Danza " (Center of Dance Promotion), under the main direction of Laura Alonso. She is General Director of the International Modern Dance and Afrocuban Dances Workshop, and continues her work as a Teacher and Choreographer in Buenos Aires, Argentina.

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