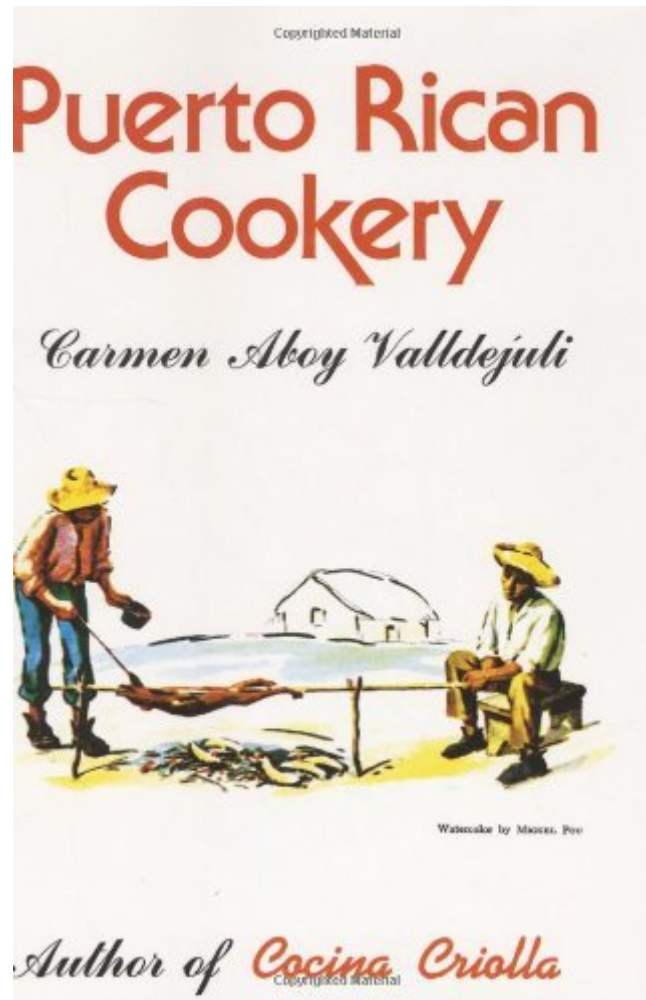


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# PUERTO RICAN COOKERY



## Synopsis

Takes the reader on an interesting culinary journey. -Key West Citizen "The foremost authority on Puerto Rican cooking is a silver haired, stylish, and warmly hospitable woman named Carmen Aboy Valdejuli . . . [her books] are considered today to be the definitive books on island cooking." -New York Times "Its recipes are authentic, well tested, and exactly written." -Cecily Brownstone, food editor, Associated Press Puerto Rican Cookery, now in its twenty-third printing with 130,000 in print, has become the standard reference on traditional native cookery (cocina criolla). According to the San Juan Star, "the cookbook is seen and is more likely better read in some homes than the religious tome. . . . [it] is considered a primer for beginning cooks . . . a textbook for home economists and it is a guide for the gourmet as well." The recipes in this book are as bewitching as an off-shore breeze, plumbing the mysteries of native dishes in accurate and easy-to-follow details that assure the success of every recipe-whether it is for Pickled Chicken or Sweet Potato Pudding. In Puerto Rican Cookery, the late Carmen Aboy Valdejuli traces the development of traditional native cookery and reveals secrets of the essence of Puerto Rican cookery-keymark to fabulous island delicacies. Native Taino petroglyphs illustrate this handsome book.

## Book Information

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Cooking for One or Two

## Customer Reviews

I'm Puerto Rican-American. My Puerto Rican parents raised me in New Jersey on traditional Puerto Rican food: arroz con pollo (rice with chicken cooked inside), pastales (Puerto Rican tamales), relleno de papas (meat-filled potato dumplings), alcapurias (meat-filled hot-dog shaped fritters), pernil (pork roasted in the oven, as opposed to "lechón" which is pork roasted over fire), arroz con gandules (rice with beans -- one of several kinds of delicious beans), tostones y huevos (fried plantain -- sweet soft yellow or salty firm -- with eggs), mofongo (a garlic-filled tostones ball mashed into a ball of delectable flavor), etc. Like a reader who posted here previously, I felt sad (and happy) when I first ate a dish prepared by an Asian woman (a wonderful home chef) who followed the recipes in Puerto Rican Cookery, a translation of Cocina Criolla, the most popular and traditional cookbook in Puerto Rico. When I visited my parents, who retired in Puerto Rico two weeks ago (Thanksgiving 2003), we were pleased to see both Puerto Rican Cookery and its original Cocina Criolla selling all over the island: all bookstores, tourists shops, the great fortresses of the island -- San Cristobal and El Morro, etc. Simply put, this book is 'THE DEFINITIVE PUERTO RICAN COOKBOOK' -- acknowledged as the preeminent guide to Puerto Rican cuisine in Puerto Rico itself. There are other good books sold in Puerto Rico, but even in Puerto Rico, Puerto Rican Cookery (Cocina Criolla) is the unquestioned number one. The Asian woman used it to make several dishes, and although I would not admit this to my mother, she out-Puerto Ricaned my mother at the kitchen stove. Buy this wonderful book with "tus ojos cerrados" ("with your eyes closed").

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