

Preface

The idea for writing this book came from years of gathering and enjoying, not just any Cuban recipe, but the best recipes from the authentic Cuban kitchen.

Over the years, I have obtained recipes from my aunts, friends, and my own mother, all of whom were particularly talented in the kitchen. They have shared their “secret” ingredients, which make these traditional recipes truly unique. Some of these I have left intact, while others I have improved with key ingredients of my own. All of these recipes have been cooked in my kitchen for years and have been sought after by my friends and family members.

Now, I share them with you, hoping that you will be inspired to try them for the enjoyment of your family and friends.