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Puerto rican menu

Food and drink from Puerto Rico This article needs additional quotes to check. Please help to improve this article by adding quotes to trusted sources. Non-material can be challenged and removed. Find sources: Puerto Rican cuisine - news · newspapers · books · scientist · JSTOR (March 2013) (Learn how and when to remove this message template) Rotisserie chicken, twice fried plantain in Ciales, Puerto Rico Part of a series of American Cuisine Regional Cuisine Northeastern New Jersey New York Philadelphia Midwestern Chicago North Dakota Omaha St. Louis Wisconsin Mid-Atlantic Baltimore Pittimore South (list) Cajun Floribbian Kentucky Louisiana Creole Low-Stani New Orleans Texas West California Synthesis for Northwest California Northwest California Northwest Mountain Kaikan Southwest New Mexican Other Hawaiian Military Rations Puerto Rican Roadkill Tailgate Party History Thirteen Colonies Antebellum America Chucko Culinary Revolution in Europe American Foods Blueberry Corn Okra Walnut Pumpkin Sunflower Seed seed in the United States Kansas City Memphis North Carolina Santa Maria St. Louis Texas Fast Food Synthesis New American Pizza in The United States Ethnic and Cultural American Chinese Greek and American Greek

American Indians American American Pennsylvania Dutch Soul Food Tlingit Holidays and Festivals Christmas Thanksgiving in the United States Food Portal Puerto Rican Cuisine Traditions and Practices (mainly Spain), Africa and native Tainos. From the last part of the 19th century. Puerto Rican cuisine can be found in several other countries. History Puerto Rican cuisine is influenced by numerous cultures, including Taino Arawak, Spanish and Africans. Although the Puerto Rican culinary is somewhat similar to Spanish and other Latin American dishes, it reflects a unique combination of influences using local spices and ingredients. Locals call their cuisine cocina criolla. By the end of the nineteenth century, traditional Puerto Rican cuisine was well established. Since 1848, the first restaurant La Mallorquina opened in Old San Juan. [2] The first cookbook on the island was published in 1849 in El Cocinero Puertoriqueño. [3] Taino influences in Puerto Rican cuisine Look: Indian cuisine marinated cassava (Spanish: Yuca en escabeche) From the diet of Secret (culturally related to the Mayans and Caribbeans of Central America and the Caribbean) and Arawa people come many tropical roots and tubers (collectively called vianda) such as yautía (Xanthima) and especially Yucca (cassava), of which thin cracker-like bread is made and pates Puerto Rico version of tamale. Ajito or Chuchucha pepper, very slightly chilli known for puffs, bye/culantro (leaves of sarsaparilla, avocado, pimita (aspice), achioti (anto), peppers, ají caballero (the hottest pepper born in Puerto Rico), peanuts, guavas, pineapple, gikakos (cokopl), quenepas (mamoncillo), aunts (Guinea arrow), calabasas (Western Indian pumpkin), and guanbanas (kippol) are all Taino foods. Secretlys have also grown varieties of beans and some mays (corn/corn), but maíz is not as dominant in their cooking as it is for the peoples of the Continent of Mesoamerica. This is due to the frequent hurricanes that Puerto Rico experiences that destroy the mayz crops, allowing more protected plants such as yucca cone (Yucca hills grown together) to thrive. Maíz, when used is often made in cornflour and then in guanime, cornflour mixed with puree of yauti and yucca and wrapped in corn husk or large leaves. The food was prepared on a barbecue grill made of logs over a pit of flame. For Tainos, this is known as barbacoa. Limonentro leaves Spanish/European influence See: Spanish cuisine Cocina cryola can be traced to African, Taino and the Spanish inhabitants of the island. Although Puerto Rican cooking is somewhat similar to Spanish and other Latin American cuisines, it has a unique combination of influences. Spanish /European influence is also evident in Puerto Rican cuisine. Wheat, chickpeas (garbanzos), black pepper, onion, garlic, coriander (using plants and seeds in cooking), basil, sugar thorn, citrus, grapes, eggplant, lard, chicken, veal, pork, lamb, goat and dairy products, all came to Borikén (birth name Taino of Puerto Rico) from Spain. Olives, capers and olive oil play a big role in Puerto Rican cooking, but can not be grown under the tropical climate of the island. The island imports most of these foods from Spain along with some herbs. Early Dutch, French, Italian and Chinese immigrants influenced not only the culture, but also the Puerto Rican cuisine. This wide variety of traditions came together to form La Cocina Cryola. Plantain aranitas and tostones rellenos African influence See: African cuisine Coconuts, coffee (brought by arabs and corsos to Yaro from Kafa, Ethiopia), orégano brujo, ofra, tamarind, parsley (pigeon cheng), lots of banana fruits, other root vegetables and a Guinean hen, they all came to Puerto Rico from or at least through Africa. African slaves also introduce deep frying of food, such as cuchifritos. [4] Influence of the United States See: U.S. cuisine The influence of the United States on the way Puerto Ricans prepare their food appeared after Puerto Rico became the territory of the United States as a result of the 1898 Paris Treaty. The most significant influence is on how people fry food. Early Spaniards brought olive oil for cooking and frying, but importing it from Spain made it very expensive, and the island's chefs which could be produced locally. For 50 to 60 years, corn oil produced in the United States takes the place of lard for the production of cuchifritos. Galletas de soda (soda biscuits in lance, popularly known as export soda by the brand's popular name) are an American product from the 19th and early 20th centuries that replicate the crunchy texture of early casabe bread, and can be kept crunchy in the tins with high tropical humidity. American/ sharp bacon also plays a big role in Puerto Rican cuisine. It is used in rice, stewed beans and for filling mofongo and meats in general chicken and breast. Bacon in Puerto Rico has found its way into traditional foods like Arroz con gandles and potato salad. Another meat that has found its way to the Puerto Rican table from the US is turkey (pavement), which was not born on the island, but a common festive dish next to the older lechon, roasted whole and seasoned with the help of sazon or adobo, is often served with blood sausage and mature plantations. Latin American influence See: Latin American cuisine Parcha, Puerto Rican name for Passiflora edulis, passion fruit. Other foods born in Latin America have been brought to the island with Spanish trade, such as cocoa, tomatoes, hajuot, papaya, peppers and vanilla from Mexico and Central America. Potatoes and passion fruit are also brought from spain or Portugal from Peru and Brazil. Another influence mofongo en Puerto Rico Panapén (bread fruit) was first imported into the British Caribbean colonies of the South Pacific as cheap slave food in the late 18th century. After spreading through the Antilles, panapen also became an indispensable part of the Puerto Rican repertoire, in puddings, deep-fried stones and making mophongo. Regional Topography of the main island is divided into three main regions: the mountainous region, which includes Cordillera Central, Sierra de Lucillo, Sierra de Cai and Sierra Bermeja, the coastal plains and the northern karst. Each district and municipality has its unique gastronomic traditions. [The reference is necessary] Arecibo Iscibo is the largest municipality in Puerto Rico from an area and is located on the north coast. Arecibo is known for the heavy use of cumin and coriander, which makes dishes smoke and fragrant. In the Rio Grande de Arecibo River, a white bab called cetí was caught. [5] These small fish are used in mofongo, alcapurrias, empanadas, but better known as battered and deeply fried. A restaurant in Arecibo is famous for crayons full of cets. These crayons are made of yucca, yautia, pumpkin and coconut milk, wrapped in banana leaves and grilled. Hatillo city of Hatillo is located on the north coast, about an hour west of San Juan. It is called the dairy-mining capital of Puerto Rico, with almost as many cows as humans. [Reference needed] The city produced about 2,000 third of the milk consumed in Puerto Rico. Hatillo is the only place in the Caribbean to produce cheese equivalent to European cheese. [Reference required] Every cheese is a name after participating in Puerto Rico or honoring a destination in Puerto Rico. [reference is necessary] These cheeses are unique to Puerto Rico and can only be made in Hatillo, Puerto Rico. [Why?] Loiza Loiza () is a city and municipality on puerto rico's northeast coast. The city is famous for its African traditions and is a center for the African slave trade in Puerto Rico. [The reference is necessary] His Afro-Puerto Rican cuisine has a unique touch and technique. The use of coconut is strongly used in sweet and savoury dishes: empanadas made from yucca dough, coconut milk and filled with seafood; yellow rice with coconuts and seafood; salad of green papaya rarely meets and tradition that dies. The papaya goes up green and boiled. Whatever the greens, they're messy with papaya, lemon or lime. Sweet bananas and some of the papaya seeds are sometimes included. There are also pastries such as dulce de coco (coconut), cazuela (sweet potato, pumpkin and raisin pie made with coconut milk and banana leaves) and dulce de ajonjoli (sesame brittle, sometimes with almonds and coconut). Crayons, rice and coconut arispa, toasted cornflour arispa, yucca bread with garlic and coconut or cheese, mofongo and guanime are some of the most popular dishes coming from Loíza. Loíza's cuisine has influenced not only all Puerto Rico, but also the Caribbean. Main ingredients red kidney beans (habichuelas coloradas) pigeons (gandules) Grains and legumes Black beans/Habichulas Negras – Popular among the Cuban community in Puerto Rico. Coffee/Coffee White Beans (Navy) Lima Beans Corn/Maiz Pigeon Peas/Gandules Chickpeas/Garbanzo Green Peas Red Kidney Beans/Habichuelas Rojas Pink Beans/Habichulas Rosadas – The Most Common Beans in Puerto Rico. Pinto beans Rice/Arroz – White medium grain rice is the most popular type of rice. Rice with long grain culture is also used, but especially with Puerto Ricans living in the United States. Rice is used for rice pudding. It's sweet, sticky rice with lots of starch, making it perfect for puddings and other pastries. Rice flour is also used in the preparation of refrigerated and short-term cakes. Sesame seeds / Ajonjolí – They are mainly used as a snack. Tropical fruit lollies with few whole sesame seeds in them. Turrón de ajonjolí sesame bar made of brown sugar, honey and other ingredients. Orchata de jonjolí a homemade drink made from ground sesame seeds. Tamarind/Tamarindo Herbs Basil/Albahaca Bay Leaves – Laurel Cilantro Marjoram /Mejoran Mint Mint Amboinicus/Orégano brujo – This oregano, with a distinctive pungent aroma, grows wild on the island. It is mainly used in dry water and is an essential ingredient in tray and adobo mojado. Parsley/Peril Kulantro/Resgao – Eruncium fotidum. Like parsley, but stronger in taste. Salvia / Salvia Taragon / Estagon Caribbean thyme / Tomillo - same taste as English thyme, but stronger taste. Starchy tropical tubers Yucca, Puerto Rica name for cassava. Starchy tubers, starchy fruits, teapota and pumpkin are known as viandas or verduras. They are all treated equally, whether cooked or turned into crisps and served with mojo or mashed butter and milk. Mofongo is popular among all vindas, but mostly planters. They can be baked, made in soups (especially cream soups), breads, pastel cookies, or used in desserts. Appio – Root fruit (from legumes apios apios tuberose / Apios American), eat like potatoes. Bata/Tropical Sweet Potato – Purple Flesh, but with white inside. Leren/Aerout Malanga/Taro Nyama/Yam Papa/Potato – Several types of potatoes exist on the island. Yautia/Edoye – There are several varieties of this root on the island. Yucca/Kasava – Like a potato, but an old man. Vegetables Chayote Asparagus Cabbage calabash Carrot Cauliflower Chayo eggplant /Berenjena Green onion Onion West Indian pumpkin Meat and hens Hen Chorizo beef Butifarra - plain Spanish sausage. Carne biff – Beef is usually stewed with potatoes served with fried sweet bananas and white rice. Stews with beef are also used as a feed for alcapurria or served with sorbullos. Chicken – The second most popular meat is eaten on the island after pork. Wild chicken can be seen everywhere on the island. Chorizo – Plain Spanish sausage. Geese coasian ham from hen - Ham is an important part of Puerto Rican food. Singing ham in anna oil is considered the first step in cooking the right sofríto and rekai. Lamb Longaniza – Plain Spanish sausage. Blood sausage – known as morcilla. Adopted by the Spanish morsila. The Puerto Rican morcilla contains rice, cullanthro, parsley, chillies and garlic. Oxlit Pork, as a curtain – Every part of the pork is used. Salchichon – Puerto Rican salami. Contains mainly from the heart, tripe and beef liver and pork meat. Other ingredients include black pepper corn, paprika and annatto. Sausages from Vienna/Salchichas – They were introduced in 1898. Today they are confused with eggs and boiled in other dishes. Very popular boiled in rice such as arroz con salchichas or stewed separately and served with white rice such as Salchichas Guisadas (stewed). Spam Turkey Seafood and mussels grilled yellow papaya and top stones Some coastal towns on the island, such as Luquillo, Fajardo and Cabo Rojo, seafood is quite popular, although much of it is imported. Only a small number of fishermen sail the waters off Puerto Rico today, and their catch never leaves their seaside towns. The fact that sits next to the deepest part of the Atlantic ocean means that there is no continental shelf that promotes rich offshore fishing; nor are there large rivers to discharge additional nutrients into the sea that can build up a fish population. Snaper at Mariskuria Gibara restaurant in San Sebastián in northwest Puerto Rico Torbok/Shapino red puck/Chilo or Pargo Enema cod conch/Carrucho Dried and salted cod/Bacalao Mar Mahi/Dorado Mu Oxelopus/Pulposavo Oysters Salmon/Camarones Lobster Spinner/Langosta – Mostly caught in the surrounding waters Squid tuna Crab/Juyes Fruit Fresh tropical fruits is important in the traditional daily diet in Puerto Rico Acerola cherry Green and red Cuban peppers are used for sofríto Ajicitos / Cachucha or better known as Ají Dulce; A soft cousin of Habanero Chile. Ajíes caballero is a very cayenne pepper, born in Puerto Rico. Also known as Puerto Rico Jelly Bob Lut Chili Pepper. Acerola apple sugar /Anón Avocado – Grows practically wild, usually consumed in salads. Bananas /Guineos – There are many different types of bananas all over the island. Mature and unripe bananas are used in savoury and sweet dishes and drinks. Chrysophilum teanito /Caimito Orangelo/Chironja – A combination of orange and seed, the original name for grapefruit, and was born fruit of Puerto Rico. Citrus – On the island there are many types of citrus fruits grown and used. They are most widely used for eating meat and meat. Coconut/Coco – Probably the most common ingredient of dessert. Many delightful desserts are prepared with their milk (lech de coconut), including coconut flour, coconut cream desserts, crunchy coconut squares, coconut kisses, candid coconut rice and coconut bread pudding (boudin de pasas con coco). Rož - This fruit was brought by the Spaniards. It is used to make desserts, drinks and syrup. Mostly for cream caramel (flannel), Malta, biscuits, limb and ice cream. Egg apple/Corazón Cucumber Frambuesas – raspberries (Rubus rosifolius) Guava Jackfruit Jobo – Refreshing orangi yellow fruit with a sharp core Mamey – This fruit is almost extinct; until recently, when it began to cultivate again. It is very popular with Cubans and Dominicans who live in Puerto Rico. Its pulp is lime-colored and is excellent for use in juice and ice cream. Quenepa Mammee Apple – Often used for ikip based on syrup canned food and desserts, although when it is very ripe, it is also eaten raw. She was born in America and was already acclimatized to Puerto Rico at the time of Christopher Columbus' arrival. Mango Nance Okra / Quimbombo – arrived from Africa and ate stew, as well as fried, marinated, in soups and in salads. Papaya Mara Mara / Pineapple /Piña - Native fruit of the island. Puerto grows four varieties of pineapple. Pepper – From sweet to chilli are an important part of Puerto Rican cooking. Most dishes are made with a combination of sweet, soft and slightly chillies. Pamarosa – Apelro (Tropical Apple /Sysygium Malaxenia) Narbana cheese grapes Soursop/Guanábana Starfruit/Carambola Tomato Melon – Many varieties grow on the island from sweet to bitter. Most common in salads and sokoki. Mofongo starchy fruits made with green plantations Bread fruit/Panapén – Used as green bananas and also in desserts. Green banana /Guineo – Used in soups, eaten together with popular starchy root vegetables and sometimes contaminated and seasoned with eskabe. Plantani/Plátanos – The main components in any Puerto Rican dish are bananas (plátanos), a type of spicy banana that is eaten only cooked: toasts are fried breads usually served as an appetizer or starch. Mofongo is the most famous dish of live and main meal, at least once. The ripe version of the plantain is often fried and eaten as a garnish (maduros). Dwarf Puerto Rican ivo - The heads of fruit are slightly larger than the original Plant, carrying seven to nine hands of fruit. Shorter dwarf trunks are thicker than tall and therefore more resistant to wind and rarely fall by the weight of their own fruits. It is widely grown in Puerto Rico for its taste and cooking qualities. Most plantations grow tall, but this is an exception. It has a distinctive bronze color trunk and leaves. Plant in a warm and well protected place with optimal growing conditions. Dwarf red - One of the many red-skinned banana varieties on the island, but this one remains short and takes up little space. Most red bananas are very valuable for good fruit tasting, and this one is no exception. This variety also has red pseudowalls. Red bananas take longer to ripen than most, it will take up to 24 months to fruit. The banana has a very different, healthy taste, which makes it well worth the wait. The skin of this red banana turns the sunset through the maturation process from yellow-green to orange, then to red. The skin should be almost very dark red before it is ripe enough to eat. Hot sauce Traditional piqué (hot sauce) is an oil-based sauce and vinegar that is infused with whole peppers, garlic, onions and perhaps culantro or other spices. Traditionally found in any restaurant, pincho stand, and corner market. Coco loco - Coconut hot sauce made with coconut water, coconut cream, toasted coconut meat, lime, melasa, chillies and other ingredients. Kookoo - Mango and habaneros, which have been smoked on a grill with added smoked paprika, cumin and other ingredients. Parcha Apasionada - Habanero, Cabanero, Naga, Thai and Caian chillies, passion fruit pulp, vinegar, onions, garlic, butter, orange juice, lemon juice, parsley, culantro, salt, oregano, paprika, parsley and basil. Pique Verde boricua – Green lemon hot sauce with lots of parsley, culantro, green chillies, green cuban peppers, green peppers and sometimes avocado. Pique criollo – vinegar based on Puerto Rican hot spice. Pique de piña or Buena piña - fermented and acidic pineapple skin hot sauce. Platano loco - Crazy plantain hot sauce. Made from boiled or roasted tomatoes and sweet livecake then fermented in vinegar, spices, garlic, onions, bay leaves, ginger, chillies and lemon juice. Puerto Rican cooking spices have a wide range of spices and spice due mostly to influence, making Puerto Rico one of the best in Latin fusion cooking. Caribbean and other curries can be found, but not as often as sason and adobo. Traditional cooking on the island also uses fresh and local products such as citrus to make mojo and mojito isleño and especially fresh herbs, vegetables and peppers to make rekaito and sofrito. [6] Star anise, ginger, cinnamon, nutmeg and other sweet spices are mainly used for drinks and desserts. Puerto Rican dishes are well seasoned with combinations of aromatic spices. The basis of many Puerto Rican main dishes includes sofrito, similar to mirepoix of French cuisine, or trinity of Creole cooking. Proper sofrito is the soth of freshly ground garlic, tomatoes, onions, recao/culantro, parsley, red peppers, cachucha peppers and Cuban pepper. Sofrito is traditionally prepared with olive oil or anna oil, tochino (bacon), salty pork and dried ham. A mix of stuffed olives and capers called alcaparado are usually added with spices such as bay leaf, sazone and adobo. [7] Acemite oil – Anutto (bixa orella). Annatto seeds are prepared on a weak flame with butter of choice or lard. After the oil is stained red with a light yellow and orange color, the pods are discarded. The oil is cooled for up to two months. Ano oil is used in most Puerto Rican dishes. Adobo modo – Garlic, salt, pepper, olive oil, organo bruges, vinegar or citrus juice or both. Adobo seco – Garlic powder, onion powder, dry orégano brujo, salt, pepper, and sometimes dried citrus peel. Ajilimigi – Very hot and chilli salsa. Alchorado – Mix of green olives, peppers and capers. Allspice – This strawberry spice was born in the Caribbean. Allspice is not used regularly in Puerto Rican cuisine, but can be seen in some African influenced dishes. Berry is used more in Puerto Rican voodoo than in food. Banana leaves and plantain leaves – Both leaves are used for their aroma, aroma and connecting food. Crayons, guanimi, stewed or roasted fish, and pork shoulders are several dishes on the island, where banana leaves or live drag leaves are used. Criollo – Rican Creole sauce, closely related to American Creole sauce. Each Each The Caribbean has its own unique take Creole sauce. Throughout Puerto Rico, the criollo salsa is done differently. A major Puerto Rican is like a base. Rekai is usually prepared with pork, spices, tomato sauce and some kind of liquid. Mojito isleño – sauce served with fish or shellfish. Mojo criollo – Herbal sauce of finely chopped parsley or parsley with garlic, citrus, vinegar and olive oil. Sometimes onions and butter are added. Paprika – Often used with sazone spices for more color and taste. Piquet (Puerto Rica Hot Sauce)Pic sauce - Puerto Rica hot sauce is often found in almost every home. Prepared by soaking chillies in vinegar. Recaíto – Green base for cooking parsley, Spanish onions, kulantro, roasted garlic, green pepper and ajicitos. Saffron – Used more in puerto rican high-end restaurant, but can replace anna in dishes. Sazon – Spice consisting of coriander seeds, garlic powder, cumin, salt and anato powder. Sofrito – Mixture of eisitos, green Cuban peppers, sliven tomato, roasted pepper, parsley, Spanish onions, culantro and garlic. Puerto Rican dishes Although Puerto Rican diets can vary greatly from day to day and residents tend to indulge in different cuisines, there are some significantly similar patterns of daily meals. Usually breakfast is simple and small, consisting of coffee and pastries such as kesitos, scaly puff pastry filled with sweet cheese. Dinners almost invariably include meat, rice and beans. This typical dinner structure leaves room for a host of options with a selection of meat and rice that are cooked significantly. Traditionally Puerto Ricans indulge in a wide range of nationalist dishes, as described below. National dishes Arroz con dulce – Sweet sticky rice, prepared in spices, ginger, milk, coconut milk, raisins and rum. National Christmas dessert. Arroz con gandules y lechón – Yellow rice with pigeons of fried pork is the national dish. Azopeo – Like soup, the soup is prepared with rice, shellfish, chicken, chorizo and other ingredients. [reference needed] Coquito – Coconut milk and rum egg verb. National Christmas drink. Crayons – Stock dough, green banana, pumpkin, bananas and starch roots filled with meat and other ingredients. National Christmas food. Lina Colada – Produced in 1963 at Barra in China in Old San Juan, Puerto Rico by Don Ramon Portas Minglot. Since 1978, it's puerto rico's national drink. Tmblek – Coconut corn starch is the national dessert. Meals of the Holy Week during the Holy Week before and during Easter, people are encouraged to think more about spiritual issues and eat lightly. Instead of eating meat, they prepare dishes with fish, eggs and dairy products. Bacalao a la Vizcaína – stew of salt cod fish. The stew is thicker than but enough liquid to cover rice. Cod is prepared with water and milk, potatoes, raisins, olives, peppers, onions, garlic, tomato sauce, bay leaves and oregano. Drinks – Drinks are milk and fruit base. The Virginia piña colada is popular. Creamy guava, made with sugar, vanilla, lime peeling and evaporated milk, are most consumed in the sacred week. Ripe bananas are also prepared in the homes, with milk, cinnamon, vanilla and sugar. Caldo Santo – Soup prepared on Easter, prepared with salted cod fish, mussels, red snapp, coconut milk, lemongrass, viandas, herbs and spices. Guanymes Con Bacalao – Corn dough (lard) is seasoned with coconut milk and other ingredients. Place the dough on a banana leaf and stew. They are served with salted cod fish in a heavily seasoned tomato sauce. Habichuellas gisadas and viadas – Stewed red beans, prepared with rekai, tomato sauce, spices, carrots, pumpkin, sweet potato and sweet potatoes. In this dish is an important spice spice. Bacalao's serenade – Salted cod fish is prepared in the same container with viandas. When the fish is made and seasoned with salt, peppers and olive oil. It can be served with hard-boiled eggs, avocado, coriander, pickled onions and pickled cabbage. Dulce – Most sweets include cheese and fruits of the world week. Arroz con dulce y queso - sweet rice pudding with cream cheese becomes more recognizable every year, Quesito - puff pastry filled with cream cheese and fruit, Flan de queso y fruta - scaly with cream cheese and fruit. Thanksgiving meals When Thanksgiving was first celebrated, Puerto Rico was not part of the United States and did not recognize the holiday. After officially becoming a celebrations, Thanksgiving was eagerly accepted by people as its own and became one of the most famous vacations (holidays) of the year. As many regions of the Continental United States have, they have also interfered with this classic American tradition. Most American dishes are adopted for this special day. Side dishes such as cornbread, baked potatoes, mashed potatoes with sauce, hard apple cider and cranberry sauce are part of a Puerto Rican thanksgiving menu. Arroz con Maiz y Salchichas – Yellow rice with corn and Viennese sausage. Coquito – Coconut egg-rum. A Thanksgiving version of this traditional Christmas drink can be made by adding a pumpkin or chocolate flavor. Gandules en Escabeche – Green pigeon peas marinated in vinegar, lemon, olive oil, shallots, herbs, spices, capers, chillies and sweet peppers. Pastels - In most Puerto Rican homes, collecting crayon to make happens a week or two before Thanksgiving. Crayons are not only prepared for Thanksgiving, but also enough are made to last until the New Year, making this a timely process that is valuable gatherings for families. Pork is the most popular crayon for Thanksgiving and but some make Thanksgiving crayons with turkeys and dried cranberries. Pavochon – popular from November to January. Roasting turkey for Thanksgiving in the manner of leshon (pig sucker) has been a tradition in Puerto Rico since the island became an American community and accepted the holiday. The word pavochon is a combination of the Spanish word pavo (Turkey) and the word lehon. To make this dish truly Puerto Rica, the turkey is stuffed with mofongo with added almonds, raisins, olives, hard-boiled eggs and tomatoes. Instead of the thin slices seen in the north, roast turkey in Puerto Rico is often cut into large blocks or pieces to serve on a plate. Dulce – The fusion of American continental and Puerto Rican food can be clearly seen in Thanksgiving desserts. Puerto Rican desserts use the same traditional ingredients as American holiday desserts, including pumpkin, potatoes and sweet potatoes. Classic pastries are infused with sweet vianda. Flan de calabasas (squash flannel), Cakes de Calabasas (pumpkin marshmallows), Cazuela (pie, sweet potatoes, coconut, and sometimes carrots), Barriguitas de Vieja (fried sweet pumpkin steaks made with coconut milk and spices), Cheese cake with tropical fruits, Buñuelos de Calabasas o platáno (pumpkin or sweet thin-skind doughnuts), and Boudun de Pan Y Calabasas (bread made from tortillas). [8] Christmas dishes from Puerto Rica can be seen and felt all year round, but it is at its biggest presentation during Christmas, when people celebrate the traditional aguinaldo and parrandas – the version of the song of Puerto Rico. Puerto Ricans are celebrating what is perhaps the longest Christmas in the world. The festivities are underway on November 23 and until the end of January, when the Fiestas de la Calle San Sebastián is held. Puerto Rican food is a major part of this holiday. Christmas expresses the best tastes of Puerto Rico with staple foods, textures and tradition. Christmas food in Puerto Rico is designed to hold any palate. Arroz horse Gandules Pasteles Arroz horse gandules – Yellow-rice and pigeon-pea dish. Sofríto and annatto oil plays the biggest role in flavoring and staining rice. Alcaparrado (capers and olives stuffed with red peppers), pieces of pork, spices, bay leaves, banana leaves and broth. Drinks – The official Puerto Rican Christmas drink is coquito, egg rum and homemade drink based on coconut milk. The holidays are also a time when many piñas coladas are being prepared, highlighting the combination of pineapples and coconuts seen in Puerto Rican cuisine. Beer is popular and Puerto Rican rum punch with sparkling wine and fruits. Chulön – Christmas soup. A variety of beans made with sofríto, sazón, pork chops, pork bones, ham, smoked ham, salchihovan, potatoes and carrots. This soup is served on Christmas Day with and is not part or nochebuena (good night) festival. Juneo con Molleas – nevusika, green bananas and chicken gizzards marinated in garlic salami. Crayons – For many Puerto Rican families, the quintessense holiday season dish is crayons (pies), usually not sweet pastry or cake, but soft dough-like mass, wrapped in banana or live leaf and cooked, and in the center chopped meat, shellfish, chicken, raisins, spices, capplers, olives, sofrito, and often garbanzo beans. Puerto Rican crayons are made either from green bananas or starchy tropical roots. The shell in a Puerto Rican crayon is a banana leaf. Lechon – Pork is central to Puerto Rican feast cooking, especially lechon (plush roast piglet). Festive holidays may include several dishes of pork, such as pernil (roast fresh pork shoulder seasoned in adobo mojado), morcilla (black blood sausage) and jamón con piña (ham and pineapple). Ensaladas – Most Puerto Rican tables on the holidays have one or two salads. The salad would be a potato salad with peppers, onions, mayonnaise and with or without chorizo. Macaroni salad with peppers, onions, tomatoes and can tuna or spam. The pasta usually rotates in mayonnaise or in vinegar and olive oil. Octopus with citrus vinaigrett and tropical fruits. Puerto Rican cuisine has several recipes for flakes, including coffee, coconut cream, bread, pineapple, pumpkin, carrots, cheese and much more. Dulce – Sweets are common in Puerto Rican cuisine. During the holidays the most popular are desserts such as Arroz con dulce rice pudding, made with milk, coconut milk, spices, ginger, raisins and rum. Buden de Pan (bread pudding), byenmesabe - small yellow cakes, soaked in coconut cream, Brazo Gitano - Puerto Rican-style Puerto Rican slippers with cream and/or fruit filling Buñuelos de viento - Puerto Rican inflated winds soaked in vanilla, lemon and sugar syrup, Natilla - (spice cream), Tmblek (coconut pudding), Flan (custard), Flankocho - cake, cream cheese, caramel, and custard, mixed using a fermented method, Bizcocho de Ron (rum cake), Mantecaditos - Puerto Rican pastry, Polvorones - crispy cookie with dusty sweet cinnamon exterior, Turrón de Ajónjolí - toasted sesame seed bar bound to honey and caramelized brown sugar, Mampostiales - very thick, cannon candy bar of caramel brown sugar and coconut chips, challenging to chew and with a strong - almost mellow-like taste, Dulce de cassabanana - musk cucumber , prepared in syrup topped with walnuts and sour cream on the side, pastel salads de guayaba (guava pastries), Besitos de Coco (coconut kisses), and Tarta de Guayaba (guava tart). [9] Boricua sandwiches or abuser - This sandwich is too influenced by the famous Cuban sandwich. Roast pork is stuffed in a toasted pan de agua or de sobao with serrano ham, salchichon, cheese, guava paste, mayonnaise and pickles. Cuban sandwich - The Cuban sandwich was popular with many Cubans immigrated to Puerto Rico immediately after Fidel Castro rose to power in 1959. Tripleta - Favorite lunch, the sandwich is made with toasted pan de agua (waterbread) Puerto Rican, similar to Italian bread. Mayonnaise, mustard, ketchup and sofrito mixture spread over the bread; roast beef, pork, chicken, cheese, caramelized onions, tomatoes, lettuce, shoe potatoes or vegetable potatoes. Jíbarito - a sandwich using unencable green bananas as bread. Jubarn, a sandwich using ripe sweet bananas as bread. The mix consists of sofrito, made with both steak skirt and chicken topped with lettuce, tomatoes and potato sticks with a sprinkling of mayonnaise and ketchup, known as mayonnaise. Mezla sandwiches - Tea sandwich with liquid sandwich with mince, roasted peppers, spam, American and cream cheese. Appetizers and fried dishes Puerto Ricans enjoy fried food and pork. Most dishes include fried appetizers, tops is the island favorite, with rice and beans, stews, soups and other dishes. Mofongo with fried pork with stews and soups. Small pastel cookies, empanades or empanadilla are full of cheese, pork, chicken or beef and can be the start of a meal. Puerto Rico has become popular for its fried food, which can be found in Cuba, Panama, Dominican Republic and parts of the American deep-fried sweet planta Almojabana – fried flour, cheese (queso blanco, mozzarella), parmesan, milk and egg. This mixture is used to saturation dough, which is fried in a ball. This frying takes place mostly in the western region of the island, where they can be found for sale in stalls, cafes and celebrations. However, its preparation is more common during the Christmas holidays, as an appetizer at parties, although they are traditionally eaten for breakfast by wetting them in coffee. It is also common in the villages in the central part of the city and the village of Lares, where it is consumed daily for breakfast by many of its inhabitants. Every April, Lares hosts the Almojábana Festival, which includes a craft fair, live music and an agricultural fair. [10] Croquettes de panapyo – Fried salted cod fish, puree mix, eggs, butter, roasted garlic and spice. Macaroni – Green banana refrigerated. Bananas are cooked and mashed with an anna oil and a small amount of unvared green banana. Then they are filled with meat of choice, made in small balls and deep fried. This crescent-shaped banana slide is found mainly in the city of Trujillo Alto, which celebrates the Macabeo Festival every year. Mofongo – A very popular Afro-Puerto Rican dish made from fried immature live and others vegetables puree with garlic, fried pork (chicaron), olive oil and broth. Ninos Envueltos – Boiled and fried ungrain banana or red dwarf banana. After the banana is boiled, then smeared with flour, baking powder, milk, sofrito, orégano and spices. The bananas are fried until golden brown. Panthanos Maduros – Cuts of fried sweet bananas. Breakfast through the Caribbean and most of Latin America, it is common practice to eat stews, fried bananas, rice, beans, flatbreads wrapped in fish and boiled breads with eggs for breakfast. Puerto Rico has adopted a more traditional American breakfast menu, including coffee and bread with butter or jam, pancakes, French toast, bacon, sausages, sausages, fresh fruit juices, eggs and other favorites. In addition to traditional favorite diners, Puerto Rico has added its own flavor to the table. Arroz con leche – Rice with milk. The rice is cooked until they are glued with milk, sugar and cinnamon. It is then served with fruit. Avena – Oatmeal with cinnamon, vanilla, brown sugar, raisins and milk, served with fresh fruit. Farina – Wheat cream made with spices, ginger, milk, sugar, citrus peels, coconut milk. Serve with cinnamon and butter on top. Funche o Harina de Maiz – Puerto Rican dish, which is usually served as a dish for breakfast. Boiled coconut milk or coconut cream, milk, salt and butter mixed with cornflour until thickened. Sugar, vanilla and cinnamon are added to give it a taste. Funche is served with fruit or nuts. Natilla – Corn starch cream topped with butter and cinnamon. Pan de Mallorca - Sweet and light yeast rolls topped with powdered sugar. They are consumed with coffee or stuffed with eggs, cheese and ham. Plátanos maduros o Batatas asadas – Sweet plantani or batata (a type of sweet potato), baked with spices and served with eggs. Sweet bananas are sometimes mashed from milk and butter. Tortilla de Huevos – an omelette made with chewy tomatoes, coriander, onions, peppers, garlic, organo and cheese. Lunch and dinner Lunch and dinner in Puerto Rico is not particularly spicy, but sweet and sour combinations are popular. Vinegar, sour orange and lime juice give a sour touch, while dried or fresh fruit add a sweet balance to the dishes. Adobo, sofríto and annatto are used in most dishes. Fast food and nutrition are common for a quick lunch. Food trucks parked on the street serving sandwiches, churrasco, juices and soft drinks. The tropical heat hasn't stopped Puerto Ricans from enjoying a nice hot soup, usually with stones, bread or slices of avocado on top. Some skating, such as almojabani and yucca, are served with rice, beans and meat or fish. Slow-cooked reiki and tomato-based stews are a staple in Puerto Rican cooking, served with a side of white rice, salad and something like a mophongo. Women can be seen on streets, on the beaches, and on the sides of the roads frying various fritters such as alcapurria and bacalaítos. Yuki, drank colada, hotcha and soda can be brought to these places. Albondigon – Puerto Rican-style mince pie. What makes the Puerto Rican roll interesting is that beans, potatoes and hard-boiled egg are put in the middle. It also contains other ingredients depending on the recipe. Arroz y habichuelas – Rice, invariably accompanied by beans (Arroz con habichuelas) or gandules (pigeon peas), is often served as food on its own in cheap chairs, and is often considered a stereotype for Puerto Ricans. Puerto Ricans feel most nostalgic for overseas and not as deserted as it sounds: beans are richly stewed with pork, potatoes, olives, capers, pumpkins, rivers, spices, broth and tomato sauce before being poured onto rice. Arroz junto is a one-boiled yellow-rice dish and beans. Other rice dishes include arroz con maiz (yellow rice made with corn and sometimes a wine sausage). Coconut rice with fish, arroz horse polo and arroz mamposteao (Puerto Rican fried rice). Pegao de arroz or pegao is the rice on the crusts left at the bottom of the pot after cooking, it tastes the most. Pegao is usually eaten with beans and meat. Pegao with other ingredients are made to make granite (rice and cheese bread balls) and other refrigerators. Bistec Encebollao – Thinly sliced and punched steak with onions marinated in adobo modo and white wine vinegar at night. Chio frito al Mohito Isleto - Whole red snout spiced overnight in adobo mojado and onions. Once ready for frying, the fish is patted dry, then covered with flour and plantain, made into crumbs. The whole snap is deeply fried and served with stones, coconut rice and mojito isleño. Chicharrón de pollo – Chicken thighs cut in half and marinated in lemon, rum and garlic with skin still on. The chicken is then spouted in seasoned flour and deep fried. Can-can chuleta - Deep-fried or roasted pork chop with rib and leather still attached. When done, it is assembled pork chop, covered with pork sheaths. The skin is cut cross-cut into the meat. The chulettes are marinated in ckulantro, paprika, onion powder and other ingredients. Cuajitos en salsa – Spicy pork intestines in liquid lemon-tomato sauce base, served with stones and sorbet. Empanisado or Empanado – Thinly sliced bread and floured steak, rabbit, turkey, chicken or veal with peppers, capers and onions. Guisado – Brasitano meat or fish is quite a favorite of the island. The meat or fish is put in a pot of anna oil. After the meat is brown on all sides, then remove. The addition of roasted ham and salted pork are common. The rekai is cooked with left over oil in a pot. The meat is then put back with tomato sauce, olives, capers, then add carrots, cumin, coriander seeds, pepper, bay leaves, organo, wine, stock or beer with water. Gisados is garnished with sweet peas and poured over white rice or mophongo. Roast meat is known as carne mechada (stewed beef eye circle stuffed with chorizo or ham). Fricasé – Hearty and spicy chicken, veal, turkey, rabbit or goat, stewed with butter and olive oil with cabaret, wine, raisins, bay leaves, cloves, garlic, onions, peppers, tomato sauce, olives, capers, peas and carrots. Serve with rice on the side and a scale on top. Quimbombo funch – Okra with polent with cheese. The coloring is usually soaked overnight, this extracts most of the liquid. Then the coloring is dried and seasoned in dough and fried or turned into a stew with ham. Okra's Eather way is classically saved with a polka be known as funche. It is popular on Vieques, one of several smaller islands Of Puerto Rico. Pastelón - Puerto Rican version of lasagna replacing noodles with sweet live drag or less common cassava. Picadillo a la Puertorriqueña – Puerto Rican meat on the ground used in lukewarm, but can be served with rice and on the side. Sopa y asopao – Soups are usually served with bread, stones or a small bowl of rice. Puerto Rico national soup is asopao, similar to soup. This soup is made with rice, chicken, chorizo or seafood or all three together. Gandinga - a rich, heavy stew made of pig organs. The heart, liver and kidneys enter the dish, along with less frightening ingredients such as tomato sauce, capers and rekai. Asopao de ganduli - pigeon soup and dumplings. Mondongo - tripe with chick

mountainous ones still grown there on the steep slopes. The version introduced in Chicago was originally made with a steak skirt, but today it can be found in versions made with chicken, roast pork, ham, shrimp and even a vegetarian tofu option is available. [13] Chef Alfredo Ayala was recognized as the father of Puerto Rican modern cuisine[14] Edgardo Noel – chef known for Cocina al Dia and Cocina y Cantando Dora Romano – author of Kokkine Conmigo, 1972 Carmen Valldejuli – author of Cocina Criolla / Puerto Rican Cuisine, written in 1954 Berto Cannabias – author of Puerto Rican Cuisine, written in 1993 Daisy Martinez – author of Daisy Cookteaker: The Latin Tastes That Will Shake Your World, written in 2005 and Daisy: Morning, 1993. on PBS and and ava daisy! on the food network Oswald Rivera – author of Puerto Rico Cuisine in America: Nuyorican and Bodega Recipes written in 2002. Written in 1997, Maria Perez - author of Tropical Cooking Made Easy [16] written in 2007 by Elizabeth B. K. Dooley – author of Puerto Rican Cook Book, written in 1948 Wilo Benet – author of Puerto Rico True Flavors, written in 2007. Competed by Top Chef Masters Giovanna Huyke – Famous TV Chef Luis Antonio Cosme – Famous Puerto Rican Actor and TV Chef See also Puerto Rico Portal Food Portal Caribbean Cuisine Coco Lopez Cuisine of the United States Cultural Diversity in Puerto Rico History of Women in Puerto Rico List of Puerto Ricans Piragua Puerto Rican Christmas Food Street Carmen Gonzalez (Chef) References ^ b Albala, Ken (2011). Food cultures of the World Encyclopedia. Greenwood. 656 – through the University of Temple. Prince, Danforth (June 25, 2007) is 1,500m away. From portable Puerto Rico. Wiley. 9780470100523. It is 650 mi away. Taste of Puerto Rico: traditional and new dishes from the Puerto Rican community. Penguin Group, 1997. P. 3 ^ A piece of Puerto Rican history. Salt Lake Tribune. [permanent dead link] ^ foodiespr.com (in Spanish). 3 February 2015 Retrieved 25 August 2019. ↑100, 1999, 1999. Examination of unknown parts. 1 October 2017 Retrieved August 25, 2019. ^ Taylor, David (June 5, 2020). The legendary Puerto Rican Cook book Kochia Kriola begins with many details "quot; Sofrito!. Spaniards. Retrieved June 22, 2020. It's 100 meters from 1999. Latin America in translation/en Traducción/em Tradução. University of North Carolina press. 82. 1.4.4696-0882-2. Retrieved October 12, 2019. Food for comfort like no other. Cafe La Salià. Retrieved September 21, 2014. [1] 1999 Retrieved October 6, 2015. April 20, 2014 18 Things to Eat, Buy and Do in Puerto Rico - Casa Cortez Chocolate Bar. Bon Appetit. Conde Ust. Gibarito sandwich: What you need to know. Retrieved April 28, 2016. Iconic Chicago dishes, drinks and desserts are 1,000 yards away. Arcadia. 46–53. 9781467135511. Por Yaira is 1000 m. Essudero, S; (November 14, 2016). Bedez without boom illustrated: chef Alfredo Ayala. El Ótzero de Puerto Rico (in Spanish). Retrieved November 18, 2020. ^1000000000000000000000000000000000000000000000000000 Cocin conmigo (in Spanish). 1000000000000000000199138 They are 1000000000000000000000000000000000000000 Tropical cooking is easy. Hillcrest Publishing House. 9781934248607. Wikimedia External Relations There is media related to Puerto Rico cuisine. El Boricva - Puerto Rican traditional recipe Carmen Santiago, Puerto Rico chef, visited by

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