

# Cuban Food

| <b>Main Dishes</b>    |  |
|-----------------------|--|
| Spanish Name          | English – Name / Ingredients   |
| Cubano                | Sandwich with Serrano ham, Swiss cheese, dill pickles, and yellow mustard on buttered Cuban bread. |
| Elena Ruz             | Tea sandwich with cream cheese, strawberry jam and sliced roast turkey in a bun.                   |
| Fricasé de Pollo      | Chicken stew with potatoes, peppers, tomato sauce, olives and spices.                              |
| Medianoche            | Sandwich with roast pork, ham, mustard, Swiss cheese, and sweet pickles on sweet egg dough bread.  |
| Moros y cristianos    | Black beans and rice.  |
| Pescado en Escabeche  | Fried fish with sweet and sour sauce.  |
| Pernil Asado Con Mojo | Roast pork shoulder marinated in orange and lime juice.  |
| Ropa Vieja            | Shredded stewed beef with vegetables.  |
| Pescado en Escabeche  | Cuban ceviche – fish marinated in vinegar and spices.  |
|                       |  |

| <b>Drinks</b>         |   |
|-----------------------|---|
| Spanish Name          | English – Name / Ingredients  |
| Cuba Libre            | Rum, Coca-Cola, sugar, and lime juice.  |
| Daiquiri              | Rum, lemon juice, and sugar.  |
| El Presidente         | Rum, curaçao, vermouth, and grenadine.  |
| Guarapo               | Juice made from pressed sugar cane.   |
| Havana Cooler         | Rum, mint, Sprite or ginger ale.  |
| Ironbeer (soft drink) | A Cuban soft drink which tastes like a fruitier Dr. Pepper.   |
| Malta (soft drink)    | A lightly carbonated malt drink, brewed from barley, hops, and water much like beer, but non-alcoholic. |
| Materva               | A sweet carbonated drink made from yerba mate tea.  |
| Mojito                | Rum, sparkling water, sugar, lemon juice, ice and mint.   |
|                       |   |

| <b>Desserts</b>    |  |
|--------------------|--|
| Spanish Name       | English – Name / Ingredients   |
| Arroz con Leche    | Rice Pudding with rice, milk, cinnamon and raisins.  |
| Brazo de Gitano    | Jelly roll sponge cake filled with cream and guava jam.  |
| Capuchinos Cubanos | Cone-shaped pastries to eat with coffee.   |
| Dulce de Leche     | A caramelized milk pudding-like dessert.   |
| Tortitas de Morón  | Cuban sugar cookies with guava.  |
| Tres leches        | A sponge cake soaked in three kinds of milk: evaporated milk, condensed milk, and heavy cream. |
| Turrónes           | A nougat made of honey, sugar, and egg white, with toasted almonds or other nuts.              |