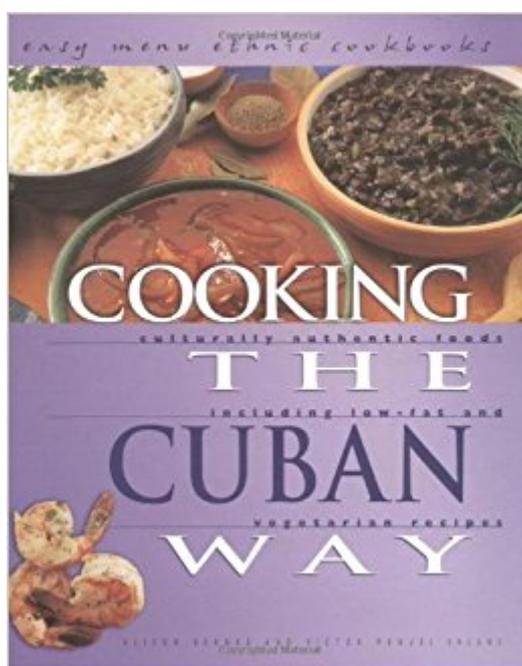


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# Cooking The Cuban Way: Culturally Authentic Foods, Including Low-Fat And Vegetarian Recipes (Easy Menu Ethnic Cookbooks)



## Synopsis

Presents recipes for dishes, such as Bird's Nest Soup, Stargazy Pie, and Hopping John, from eleven different countries. Includes lists of cooking utensils, terms, and special ingredients. --This text refers to an out of print or unavailable edition of this title.

## Book Information

Lexile Measure: 1080L (What's this?)

Series: Easy Menu Ethnic Cookbooks

Library Binding: 72 pages

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Average Customer Review: 1.0 out of 5 stars 2 customer reviews

Best Sellers Rank: #980,037 in Books (See Top 100 in Books) #146 in [Books > Cookbooks,](#)

[Food & Wine > Regional & International > Caribbean & West Indian](#) #448 in [Books >](#)

[Children's Books > Geography & Cultures > Cultural Studies > Customs, Traditions, Anthropology](#)

#602 in [Books > Children's Books > Children's Cookbooks](#)

Age Range: 10 and up

Grade Level: 5 and up

## Customer Reviews

I'm not sure why they call this cooking the Cuban Way. There are only a few Cuban recipes here, and nothing that really stands out. Low-fat and Vegetarian are two terms that are completely foreign to Cuban cuisine! There are much better Cuban cookbooks: Memories of a Cuban Kitchen, Three Guys from Miami Cook Cuban, and Cuba Cocina just to name a few.

TAKE IT FROM A CUBAN WHO GREWUP WITH TRUE CUBAN COOKS IN THE KITCHEN.....THIS IS NOT CUBAN..DO NOT WASTE YOUR MONEY.

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