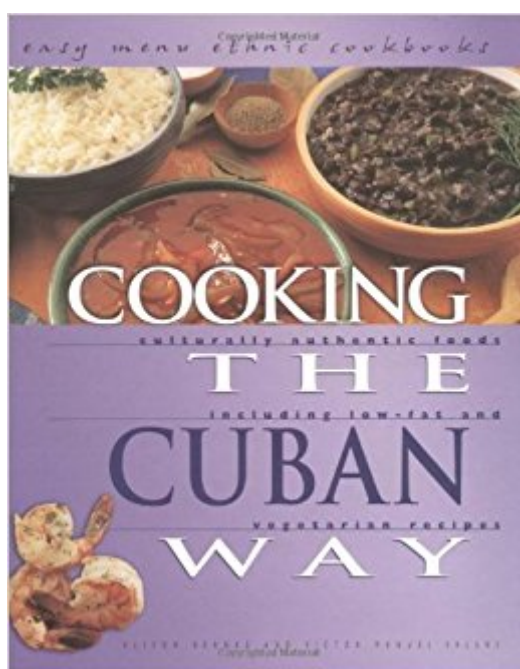


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# Cooking The Cuban Way: Culturally Authentic Foods, Including Low-Fat And Vegetarian Recipes (Easy Menu Ethnic Cookbooks)



## 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

Publisher: Lerner Publications (January 1, 2004)

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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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(Easy Menu Ethnic Cookbooks) Vegetarian: High Protein Vegetarian Diet-Low Carb & Low Fat Recipes On A Budget( Crockpot,Slowcooker,Cast Iron) (Vegetarian,Vegetarian Cookbook,Vegetarian ... low carb,Vegetarian low fat) Vegetarian: 365 Days of Vegetarian Recipes (Vegetarian, Vegetarian Cookbook, Vegetarian Diet, Vegetarian Slow Cooker, Vegetarian Recipes, Vegetarian Weight Loss, Vegetarian Diet For Beginners) Vegetarian: Everyday : Vegetarian For Beginners(vegetarian paleo, vegetarian health recipes, vegetarian weight loss recipes, vegetarian weight loss, vegetarian ... book) (healthy food for everyday Book 2) Low Carb Cookbook: Delicious Snack Recipes for Weight Loss. (low carbohydrate foods, low carb cooking, low carb diet, low carb recipes, low carb, low carb ... dinner recipes, low carb diets Book 1) Low Carb: 365 Days of Low Carb Recipes (Low Carb, Low Carb Cookbook, Low Carb Diet, Low Carb Recipes, Low Carb Slow Cooker, Low Carb Slow Cooker Recipes, Low Carb Living, Low Carb Diet For Beginners) Low Carb Diet: Introduction To Low Carb Diet And Recipes Of Low Carb Soups And Casseroles: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Southern Cooking: Southern Cooking Cookbook - Southern Cooking Recipes - Southern Cooking Cookbooks - Southern Cooking for Thanksgiving - Southern Cooking Recipes - Southern Cooking Cookbook Recipes Low Carb Candy Bars: 25 Low Carb Recipes To Satisfy Your Sweet Tooth: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) VIETNAMESE VEGETARIAN FOOD - OUR FAMILY VEGETARIAN RECIPES: VEGETARIAN FOOD RECIPES FROM OUR VIETNAMESE HOME - VEGETARIAN FOOD RECIPES VEGAN RECIPES ASIAN ... RECIPES ASIAN VEGAN SERIES Book 1) Vegetarian: 4-Week Vegetarian Nutrition Cookbook for Everyday Lifestyle - 39 Quick & Easy Vegetarian Meal Plans for Beginners (Healthy Low Carb Vegetarian Recipes for Diet and Lifestyle) Low Carb: Low Carb, High Fat Diet. The Winning Formula To Lose Weight (Healthy Cooking, Low Carb Diet, Low Carb Recipes, Low Carb Cookbook, Eat Fat, Ketogenic Diet) Cooking the West African Way (Easy Menu Ethnic Cookbooks) Cooking the Korean Way (Easy Menu Ethnic Cookbooks) Keto Bread Cookbook: Real Low Carb Recipes: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) The Ketogenic Diet Cookbook: Lose 15 Lbs In Two-Weeks With 66 Perfect Low Carb Keto Recipes: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Free Cookbooks: Box Set: The Complete Healthy And Delicious Recipes Cookbook Box Set(30+ Free Books Included!) (Free Cookbooks, Free, Cookbooks, Recipes, Easy, Quick, Cooking,) Vegetarian Weight Loss: How to Achieve Healthy Living & Low Fat Lifestyle (Weight Maintenance & Heart Healthy Diet) (Special Diet Cookbooks & Vegetarian Recipes Collection Book 1) Low Carb Cookbook: 500 BEST LOW CARB RECIPES (low

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