



Puerto Rican Cookery

Carmen Aboy Valldejuli

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"Takes the reader on an interesting culinary journey." -Key West Citizen

"The foremost authority on Puerto Rican cooking is a silver haired, stylish, and warmly hospitable woman named Carmen Aboy Valldejuli . . . [her books] are considered today to be the definitive books on island cooking."

-New York Times

"Its recipes are authentic, well tested, and exactly written." -Cecily Brownstone, food editor, Associated Press

Puerto Rican Cookery, now in its twenty-third printing with 130,000 in print, has become the standard reference on traditional native cookery (cocina criolla). According to the San Juan Star, "the cookbook is seen and is more likely better read in some homes than the religious tome. . . . [it] is considered a primer for beginning cooks . . . a textbook for home economists and it is a guide for the gourmet as well."

The recipes in this book are as bewitching as an off-shore breeze, plumbing the mysteries of native dishes in accurate and easy-to-follow details that assure the success of every recipe-whether it is for Pickled Chicken or Sweet Potato Pudding. In Puerto Rican Cookery, the late Carmen Aboy Valldejuli traces the development of traditional native cookery and reveals secrets of the essence of Puerto Rican cookery-keymark to fabulous island delicacies. Native Taino petroglyphs illustrate this handsome book.

Puerto Rican Cookery Details

Date : Published March 31st 1983 by Pelican Publishing Company

ISBN : 9780882894119

Author : Carmen Aboy Valldejuli

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From Reader Review Puerto Rican Cookery for online ebook

Melissa says

Classic Puerto Rican cookbook and essential in any Boriqua kitchen.

Francis Padua says

Great classic Puerto Rican dishes

Amanda says

Really wanted to try something new and these recipes are really easy to read and it isn't hard to find the ingredients in the rural area I live in.

Weavre says

The edition in my hand is copyright 1975, not 1983, but that's not the point. The real question is whether the resulting meals will meet with the approval of a certain Puerto Rican taste tester ... :)

(Hoyt Library 641.597295 Val)

Wendy says

Great traditional recipes! Totally recommend!

Whitney Rivera says

My Puerto Rican food Bible. Tostones, Mofongo, Arroz con Habichuelas.....mmmmm....

James Moes says

Need plantain.

Elise says

It helped me learn to cook some of the dishes I miss from my mother's kitchen and New York.

Dixie Diamond says

I've got mixed feelings about this one, although I'm glad I've got it, and, no, I don't want to sell/trade it.

Just so you know: I'm not afraid of non-American food; I'm no Emeril but I'm an experienced enough cook not to be freaked out by methods beyond chopping-and-boiling (and there's always Google, right?); I do have ethnic groceries in my area and I'm not particularly intimidated by unusual ingredients; I'm not afraid of screwing up a recipe a few times before I get it right; I'm not a *New York Times* food snob accustomed to chef-prepared organic-everything. I'm also aware that homestyle food everywhere tends to consist of a relatively short list of ingredients, rearranged and served with starch (I think Wikipedia describes Cajun food as "brown", which is pretty apt. I love you, Cajun food, but you are definitely brown. And served with rice).

I have personal reservations about messing with authentic recipes, but I think I'll have to if I ever want to use this. I just can't eat that much heavy food.
