Jose Almanza

Descriptive Essay

Cuban Foods

In my country, we have many different and delicious types of foods such as roast pork, white rice, and salads. Over the years, our food has become very popular for its flavor and the way we cook it “with a lot of love.” I would like to explain how we cook these different types of food.

Pork roast is one of the most popular and tasty typical Cuban foods. Roasted pork is normally a pig that we cook in ears of wheat and charcoal. Generally, we Cubans use various types of seasoning for this type of food, such as a little well-crushed garlic and a half a glass of vinegar or white vinaigrette, which gives it a special flavor. After that, we use a large piece of wood to go through the pig from side to side. Then we put it on the charcoal for 17 hours. This is a long process of cooking because it is cooked at low temperatures so that the pork is well-cooked. This can take 12 to 16 hours of cooking, so you have to be patient. Once the pork is cooked, everyone gets together as a family to eat.

White rice is the most typical dish in Cuba to eat. White rice is very easy to prepare; for example, in my country we do it in a pressure cooker. You only need rice, water, and salt. This rice is grown in the orchards in the fields. Something very curious about Cubans is that if we do not eat rice; it is as if you had not eaten. It is almost always eaten with meat and some type of salad such as tomatoes, cucumbers, or avocado. I advise you to do so. Have you ever been to eat in a Cuban restaurant? Ask for the white rice.

Salads in Cuba are very organic unlike in other countries. We grow our own salads. Some examples of this are tomato, avocado, cucumber, lettuce, etc. What I like about this is the taste and how healthy it is. It is grown in Cuban fields. Unlike here in the Untied States, in my country salads are cheaper and you can buy them with better quality.

Cuba has many types of delicious foods. Personally, my favorite foods are the ones from my country, and especially the one that my mother cooks for me. Something I do not like is that I have visited many Cuban restaurants in Miami, but none have the same flavor! I hope one day to go to a restaurant here in Miami and to feel the same sensation of Cuban food. However, I advise that if you go to Cuba, try the food of a Cuban cook.