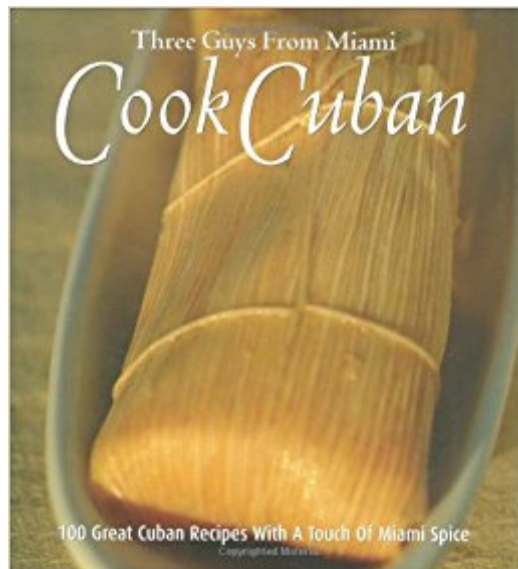


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# Three Guys From Miami Cook Cuban



## Synopsis

If you are one of the more than two million people who have visited the web site at iCuban.com: The Internet Cuban, you already know who these Three Guys are. If you are one of the more than six billion people alive today who have not, a little explanation is in order. They are Three Guys From Miami™ who share a passion for good food, good conversation, and a great party. Are you new to Cuban cuisine? If so, then you are about to enter an exciting world of flavor. Cuban cooking combines the tastes of Spain with the tropical flavors of the Caribbean. Throw in some New World spices and ingredients and a strong African influence and you have the essence of Cuban cookery. These recipes also reflect ingredients and methods that were refined by Cuban exiles after they came to the United States. Here they found an abundance of foods that were either very scarce or completely unavailable in Castro's Cuba. Fish and seafood are two examples of foods that were only rarely enjoyed in Cuba after 1959. It was also impossible to get real olive oil—an ingredient that gives so many Cuban dishes a distinctive Latin flavor. Exile in the U.S. also exposed Cubans to ingredients they never saw in Havana. Salmon is very popular with Miami Cubans, for example, but unheard of in Cuba. Wherever possible the Three Guys have made these dishes simple to prepare. You don't need to be a professional chef to create any of the recipes in this book. Best of all, you don't need to be Cuban to cook and enjoy them. If a Swedish guy from Minnesota can cook Cuban food (and he does it very well), you can too! They have made several appearances on the Food Network. Glenn Lindgren first came to Miami in 1984 and fell in love with the city, the people, and the Cuban culture. A freelance writer by profession, Glenn documents the antics of the Three Guys From Miami in books and on the Internet. When not in Miami, Glenn and his wife live in Minnesota with their son and two daughters. Raul Musibay, born in Cayo la Rosa, near Bauta, in the province of Havana, spent one winter in New Jersey but has been a full-time Miami resident ever since. He is the manager of the Red Bird Amoco station there. He and his wife have two married children. Jorge Castillo was born and raised in Cayo la Rosa, Havana. He came to the United States via the Mariel Boatlift in 1980, then left Miami after three months to live in Iowa, where he became a respiratory therapist. Now the regional sales manager for a major medical products company, he makes his home in Miami's West Dade with his wife and two daughters.

## Book Information

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## Customer Reviews

I first became aware of the Three Guys from Miami several years ago while searching for ropa vieja recipes. Their website is fun, and has great recipes. This cookbook is an extension of that website. It's written in a fun, chatty style, the recipes are easy to follow, and it includes wonderful photographs of Cuban food and of different places around Miami. There's also a glossary in the back that tells you, among other things, why to call a certain produce item "fruta bomba." This is by far my favorite Cuban cookbook, and I have several. I hope they do a sequel with the pig roast, the Cuban Noche Buena and New Year's customs...I love these guys!

I'm the furthest thing from Cuban, but I've always loved the culture and the food. This book delivers both! With directions so simple anyone can do it, the recipes in here are great and varied...make a few things for snacks or more intricate dishes for full-blown dinner parties. I don't even cook that well and the few things I've tried have come out wonderfully...and believe me, that says a lot. A pleasure to read and more of a pleasure to feast. Great job, Miami Guys!

If you like the real "homemade cuban food", like I do, this book is a MUST HAVE; all recipies are from real down to earth homemade cuban food, written in a way that even a child can follow the instructions and cook a delicious cuban plate; so if you want to cook and invite your friends to eat real cuban food, and impress them...buy the book today; you will be glad you did it

this book STILL gets five stars, hands down. :)Kidding aside, this is a fantastic book. If you are at all familiar with the three guys from their website - check it out if you haven't done so - then you know the style you're in for. If not, be prepared for humor, ease, down-to-earth-ness and geniune warmth.

It's a great combination and, in this book, you are truly given a cookbook that combines beautiful photography and presentation, with relative ease and simplicity of preparation. Too often, one is sacrificed at the expense of the other. Not so in this book. It is absolutely stunning, with superbly put together recipes and prose. I really can't say enough good things about this book, though if I could find one fault with it, it would be that I cannot seem to find a Spanish language edition available - just as a gift for others. But, that's not a huge fault at all, and something I only mention really in passing. All in all, get this. It's truly one to treasure and the recipes are amazing - even when there's no shortage of amazing Cuban food here in Miami (nor shortage of my Cuban family to cook it for me) - I still prepare these frequently myself. Enjoy!

I truly love this book it is so wonderful! Every night I read it. The book is so unique and different and that is why I love it so much. The pictures are great and I'm glad the publisher put all of them in the book. I would have still bought this book even if it would have cost \$100 or more. I mean a lot of people over price things out there and they are not even worth it and people buy it like crazy. This book would have been worth that and more because it has helped me so much. The recipes are so easy to follow. But what I love the most is how the book talks about Cuban traditions, Cuban parties, and where the recipe came from. I grew up here in California and we don't really know that many Cubans here. Sometimes I feel like I don't know what it is like to be a Cuban! I think Glenn is more Cuban than I am, and I was born there -- Ha! Ha! This book is the closest thing I have to feeling a little like a Cuban. Except for my parents cooking, we have lost the traditions and the true meaning of being Cubans. Thanks so much Three Guys, for everything that you do and everything that you have done for me. Words can never express how I truly feel, but this is a start.

I must say that Publisher's Weekly just doesn't get it. Most cookbooks are as dull as reading an encyclopedia article or a chartered accountancy advert. The witty dialogue here is what gives the book its charm and makes it a pleasurable read with touches of Monty Python and Graham Kerr. I found the book delightful, even before I had the opportunity to try the recipes out at home. Once I did, I fell in love with the delicious flavours of Cuba. The recipes are so easy to make and the Three Guys self-deprecating humour and "let's have fun in the kitchen" spirit gave me just the confidence I needed. Any time you try to do something different, there's a least one poor sod who doesn't catch on.

By far the most comprehensive, easy to understand, enjoyable and well frankly, mouth watering

cookbook I have ever owned...and I collect cookbooks. This book really gets to the heart of Cuban cooking and puts you smack dab in the middle of Miami's Calle 8-Little Havana-the heart of free Cuba here in the US. A DEFINITE READ AND A MUST HAVE FOR ALL KITCHENS!

First, to the reviewer who complained about a recipe being more complicated in the book than the one on the Three Guy's website, there is NO recipe for "Carne con Papas" in this book! They do have a recipe for "Carne Guisado" and yes it does have more ingredients than "Carne con Papas" because it is a COMPLETELY DIFFERENT recipe. I have been cooking Cuban food all of my life, as my mother did before me. I never believed that anyone could tell me how to cook Cuban food. I have to admit that the Three Guys from Miami have taught me a few things. Several of their recipes are better than mine. I bought this book not just for the recipes. As someone who misses Miami very much here in Kansas City, it's great to see all of the Miami scenery. And yes, I love the pictures of the Three Guys. It's their funny personalities that sell the book! I also bought this book because I appreciate their efforts to promote the culture of my homeland. Most first cookbooks have no photography at all, or just a small section of photos, and certainly not a photo of every dish. I too can't wait for their next book.

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