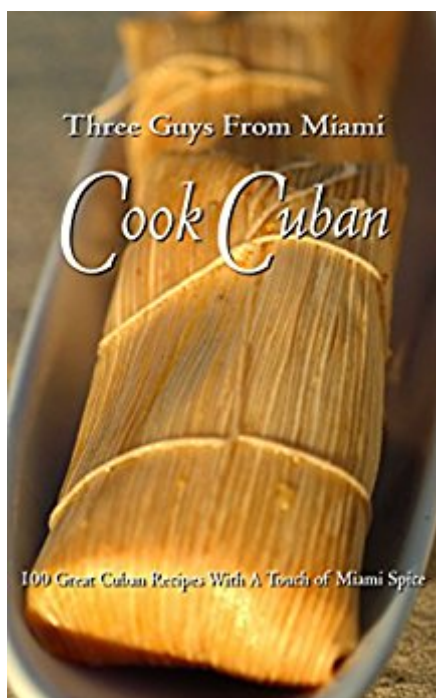


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# Three Guys From Miami Cook Cuban: 100 Great Recipes With A Touch Of Miami Spice



## Synopsis

The Three Guys From Miami 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. Glenn Lindgren, RaÃfÂº Musibay, and Jorge Castillo are the Three Guys from Miami. They run the website: iCuban.com: the Internet Cuban and are the authors of "Three Guys from Miami Cook Cuban" and "Three Guys from Miami Celebrate Cuban." For more than thirty years, the Three Guys From Miami have been perfecting their Cuban recipes by cooking and eatingÃ¢âoh yes, a lot of eatingÃ¢âCuban food. Their Web site debuted in 1996 and since then, more than 10 million people have visited the Three Guys online. They have appeared on the Food Network, Travel Channel, ABC Family, and Public Television. They are regular guests on Public Radio. They are frequent sources of Cuban cooking tips and advice for both professional and amateur chefs all over the world.

## Book Information

File Size: 6430 KB

Print Length: 234 pages

Simultaneous Device Usage: Unlimited

Publisher: Glenn M. Lindgren (August 9, 2014)

Publication Date: August 9, 2014

Sold by:Ã¢â Digital Services LLC

Language: English

ASIN: B00MNMXFM8

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #117,697 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #4

inÃ¢â Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Regional & International > European > Spanish #6 inÃ¢â Kindle Store > Kindle eBooks > Cookbooks, Food & Wine >

## Customer Reviews

I love the food from this cook book. I lived in Miami for 17 years and I truly miss the food. These guys have the awesome recipies (even for Arepas that are sold at all the street fairs!!!) that I have been missing, and the do it with humor. It's nice to be smiling while I am cooking. There is such a great feel to this book. I highly recommend it for everyone, especially if you love garlic, and especially if you are homesick for some Miami soul food.

Have been following these guys for years, These are the best recipes of all my Cuban cookbooks. They're really the only ones I use these days. The repartee is the topping on the Tres Leches  
fÃ

I would recommend this cookbook to anyone wanting to learn how to cook Cuban food and also learn a few things about Cuban culture. It's an excellent and well made book. The information is fascinating and the materials the book is made of are exceptional. I know this book will last a long time and I will enjoy the recipes for a long time to come.

A lot of great recipes, nice illustrations and can be used as a decorative piece in the kitchen as well.

Authentic and delicious! I had prepared a dish of, Masitas de Puerco Fritas, from the book to serve my in-laws for Sunday supper when my son told me he needed to bring a classic Cuban dish to his Spanish class that Monday morning. I already had the pork marinating in the fridge and decided to take the in-laws out instead and redirect my carnitas to school. His class was at 7:30 am and I wasn't sure if this would work well for breakfast. Happy to report his class had seconds and even a couple of third helpings. A+

Very happy with the book

Living in Miami for most of my life, I took for granted all of the availability of authentic Cuban food. Having relocated to Central Florida, we miss "real" Cuban food, and can now make our own, as the authors suggest. The photography is lovely, the side antidotes are a delight to read and now we can

satisfy our craving for cafe' con leche, lol! This book will make a wonderful gift for our kids in Colorado, who also miss Cuban cooking.

I have been looking to further my culinary skills to include my Cuban heritage! Thank you so much for this. The recipe for Cuban coffee was just amazing. I can't wait try every single inr

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