

Authentic Cuban Dinner

Menu

Sliced tomatoes with Avocados with Cuban Bread

Yucca con Mojo

Black Beans and Rice

Plantains

Picadillo

Pastelitos De Guayaba (Cuban Guava Pastry)

Cuban Tomato and Avocado Salad

Ingredients

- A ripe Florida or Cuban avocado
- A ripe large tomato
- Mild flavored olive oil
- Red Wine Vinegar
- Sweet onion
- Sea salt

Instructions

1. Thinly slice your onion and place it in a bowl. Add to the bowl the olive oil and red wine vinegar and allow the onions to marinade for 5-10 minutes.
2. Cut your avocado in half and remove the pit. You can leave the skin on or remove it, keeping it on will allow the avocado to stay fresh longer.
3. Arrange the avocado and Tomato. sliced on a platter and top with the prepared onions. Drizzle the olive oil and red wine mixture and sprinkle with salt.

Traditional Cuban Picadillo Recipe

Cuban style ground beef with peppers, onions, tomatoes and olives

Prep Time 10minutes mins

Cook Time 20minutes mins

Total Time 30minutes mins

Servings: 4

Ingredients

- 2 tablespoons of olive oil
- 1 Lb ground chuck beef 80/20
- ½ Teaspoon of salt
- 1 bay leaf
- 1 Large onion chopped
- 4 Large garlic cloves minced
- 1 Green bell pepper deseeded and chopped
- 1 Red bell pepper deseeded and chopped
- 8 oz tomato sauce
- 1 tablespoon of Tomato paste
- ¼ Cup red cooking wine
- 1 Teaspoons cumin ground
- ¼ Teaspoon oregano
- ½ Teaspoon of black pepper
- ½ Cup of manzanilla olives with pimento pitted
- 2 Tablespoons of olive brine from the olive jar
- ¼ Teaspoon crushed red pepper optional

Instructions

1. Heat the olive oil in a large skillet over medium heat. When the pan is hot, stir in the ground beef, bay leaf and salt.
2. Once your beef is browned, drain out half the liquid and fat then return back to the stove at medium heat.
3. Add the onions, red bell pepper, green peppers and garlic. Stir well and allow it to cook a few 5 minutes.
4. Once your onions have become translucent, add the tomato sauce, wine, seasonings, olives and olive brine.
5. The add the cumin, oregano and pepper.
6. Lower the heat to low and cover. Cook for 10 minutes stirring occasionally. Remove from the heat, add additional salt and pepper to taste.

Yuca Con Mojo

Ingredients

- 2 lbs yuca peeled and cut into chunks (or 1.5 lbs frozen yuca, thawed)
- 1 small white onion thinly sliced
- 6 cloves garlic minced (or more to taste if your heart desires!)
- 1/3 cup neutral oil (you can also use extra virgin olive oil or bacon grease)
- 1/4 cup sour orange juice store-bought or juice from 1 orange and 1/2 lime
- Salt + pepper to taste

Instructions

1. Add yuca to a large pot of water with salt. Bring the yuca to a boil on high heat then reduce to low. Cover and simmer for about 30 minutes until the yuca is fork-tender. Careful not to overcook it or you run the risk of the yuca getting too mushy.
2. Meanwhile, in a large saucepan, heat the oil at medium heat. Add the sliced onions and sauté for 5 minutes until they are softened and translucent. Add in the minced garlic, a pinch of black pepper, and salt to taste (start with 1/4 teaspoon then adjust to taste). Sauté the garlic for 30 seconds until fragrant then whisk in the sour orange juice until all is combined. Set aside.
3. Once the yuca is fork-tender, drain and pat them dry with paper towels then transfer them to a large bowl with a lid. Remove the stringy, fibrous core from the center of each piece of yuca with a knife, if desired.
4. Pour the hot garlic mojo sauce over the yuca making sure it is all well coated. Cover the bowl and allow it to cool for 10-15 minutes so the yuca absorbs the mojo. Serve immediately and enjoy!

Pastelitos De Guayaba (Cuban Guava Pastry)

Prep Time 10minutes mins

Cook Time 20minutes mins

Total Time 30minutes mins

Servings: 9

Ingredients

- 2 sheets puff pastry
- 9 tablespoons guava paste
- ½ cup (4 ounces) cream cheese, softened at room temperature
- 1 tablespoon granulated sugar
- 1 egg
- 1 tablespoon coarse sugar crystals (for sprinkling)

Instructions

1. Preheat the oven to 400 degrees. Combine the cream cheese (**softened to room temperature**) and sugar and whip until combined.
2. Place one layer of puff pastry on a parchment paper lined baking sheet. We're going to split the puff pastry into 9 squares. Just mark them **without cutting**.
3. Divide the guava paste in 12 equal portions.
4. Place **1 portion** of guava paste on each pastry square. Add **1 tablespoon** of the cream cheese mixture on top of the guava paste.
5. Place the second layer of puff pastry over the top and press down to seal the edges around the filling.
6. Using a pizza cutter or sharp knife, cut the pastry into **9 equal squares** and seal the edges with a fork.
7. **To make the egg wash**, beat an egg in a small bowl mixed with 1 teaspoon of water. Brush the individual pastries with the egg wash and **Sprinkle with coarse sugar crystals**.
8. Bake in the oven (on a lower rack) for 15-20 minutes until golden brown. Remove and let cool for 5 minutes.

Notes:

1. These pastries can also be **made in advance (not baked) and frozen**. After filling and sealing, place on a baking sheet in the freezer for 3 hours, until frozen. Store them in a freezer safe bag or container. To **bake from frozen**, increase the cook time 3-5 minutes.
2. If the edges of the pastries won't seal well, **dab them with a bit of water** to help them stick.
3. Bake on the **lower rack of the oven** for the best results. This enables the bottom to cook more, preventing any sogginess.