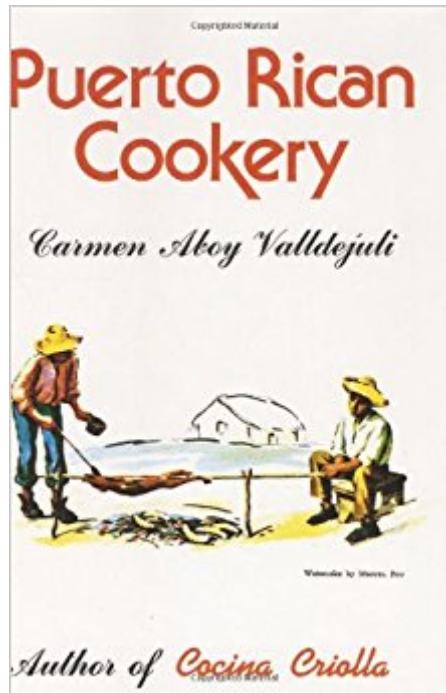




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# Puerto Rican Cookery



## Synopsis

Puerto Rican Cookery 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."

## Book Information

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## Customer Reviews

Carmen Aboy Valldejuli, née Aboy Ferrer, was a member of one of Puerto Rico's most distinguished families. Her relatives included actor-director José Ferrer and Monsita Ferrer, who was a well-known pianist and composer. Brought up in the old Spanish tradition, Mrs. Valldejuli did not have the opportunity to discover the joy of cooking in one's own kitchen until she met and married a gourmet, the late Luis F. Valldejuli. Curious about Puerto Rico's native cuisine, the Valldejulis researched and collected recipes together. Their efforts produced two other cookbooks available from Pelican, *Cocina Criolla* and *Juntos en la Cocina*.

Carmen Aboy Valldejuli expressed her hopes that, eventually, all readers may wend their way to Puerto Rico to sample these delicacies in the land of their origin. But, she was certain that the recipes in *Puerto Rican Cookery* would bring the flavor of the islands to your own table. Pelican also publishes the Spanish version of this book, *Cocina Criolla*, as well as the Spanish cookbook classic *Juntos en la Cocina*, written by Valldejuli and her husband, Luis F. Valldejuli. Valldejuli passed away

in 2005.

First let me start off my saying, i recieved my book later than what others said. I recieved my cook books 6 days later than usual. Also this book is pretty solid. Im puerto rican by the way and these recipes are aunthentic. However, the booknis missing some recipes that i wanted to do which is why i purchased the book to find some of the recipes not there unfortunately :( however, theres alot of good authentic recipes in here that are useful. You see, i was one of the unfortunate puerto ricans that didn't have my parent's to show me how to cook our native foods. So by purchasing this book, i have to say this did fill in those cracks and help me alot. The recipes and instructions aren't hard at all. They're actually very simple and easy to do and remember. Im happy with my purchase, but im still chasing down my favorite dishes that aren't in this book. All in all it was a good purchase. And i do recommend this nook for anybody. Its actually a great wedding gift to send our fellow women out there with. GET THIS BOOK! ITS AUTHENTIC! ¡Â Â'Â Y BIEN PROVECHO! Â Â'Â

I bought this cookbook based on other glowing reviews. I am an experienced, confident cook with an extensive collection of cookbooks " I love reading them and learning how to cook different cuisines. Even if a cookbook doesn't have any recipes I want to try, if it's a good read I at least feel like I've learned something. For me this cookbook was a disappointment on all fronts. (1) It's not an interesting or educational read. There is almost no anecdotal information about any of the recipes " their history, common usage, a personal recollection " zip. (2) There are no pictures of food. None. Just numerous reproductions of Indian petroglyphs. While that is a fascinating bit of Puerto Rican pre colonial history, what the heck does it have to do with food? (3) The formatting is clumsy. Ingredients are clumped into sections A, B, C, etc and sometimes the column formatting makes it hard to tell where an ingredient should be added or when. (4) The recipes are not terribly creative or varied. So many of them are exactly the same, merely swapping out pork, chicken, beef, organs, seafood, veggies with exactly the same seasonings, prep, etc. A high % of the non-dessert recipes have the same seasoning, so if you're not a fan of salt pork with cured ham and garlic, you're out of luck. (5) The food itself will likely not appeal to the modern, health-conscious cook looking for a dip into Caribbean cuisine. For reference, I am not vegan/paleo/clean/raw/etc and I don't particularly limit the amount of fat, salt or sugar I eat, within reason. These recipes contain egregious amounts of fat (you do not need a cup of olive oil to sautee meat and a few cups of veggies for a stew), salt (5 tsp in something meant to serve 6), and sugar (a cup in a chicken braise). Canned meats and

vegetables are called for instead of fresh or even frozen (canned peas are everywhere!). When cheese is called for, Velveeta is often the cheese of choice. And the cooking times called for will absolutely ensure that your finished dish is mush (rice and canned peas cooked for an hour, macaroni boiled for 20 minutes, etc). Having read through the entire book (that's not skimmed), there are only a couple recipes that I even remotely want to try, and for those I would significantly alter amounts of sugar, salt or fat. This book may have had its use as a nostalgia book when it was published in the 70's, but cookery, ingredient availability and palates have moved well beyond this book's moment. There is nothing in this book that resembles the food I had in mom and pop roadside cafes in Puerto Rico. There have to be better representations of Puerto Rican cookery out there, and if there aren't, then that is a niche someone needs to fill!

Puerto Rican Cookery I am so very happy to have found this book ! I lost my first one somehow when I moved from Puerto Rico to NY. wonderful, authentic recipes that will bring loads of compliments from family and guests on what a great cook you are.!! I am not Puerto Rican but lived in PR for 10 years and I used this cook book daily. Every Christmas all of barrio, Pinas Arriba, looked forward to my Coquito, Pastelles,, flan de queso and Eclairs. Ofcourse I never let on where my wonderful cooking skills originated from. I highly recommend this cook book to anyone who wants to make authentic Puerto Rican food that is sure to impress even the best of Puerto Rican cooks!

Thus book is a must have for any Puerto Rican kitchen or novice. So many of these dishes are exactly as my Abuela made them. So many warm memories flood my mind sitting in her kitchen, as the fragrances from these recipes flood my senses. True Puerto Rican recipes. The Sofrito and Pasteles, just like my Abuela prepared it. I just made the Pernil this week, and it came out amazing. No other Puerto Rican recipe book out there like this one. You will not be disappointed, but very glad you actually have it in your hands. A treasure!

I love this book, I learned how to cook from my mother.....but there were many recipes she made on weekends and holidays when she was home and had the time to cook, those recipes I didn't have so for me this was the best find ever!!! I just gave my sister a copy and she is thrilled. This book is for anyone that wants to make traditional authentic Puerto Rican food. So wonderful, thank to Valldejuli!!

This was my first cookbook years ago. I gave away as gift to a beloved relative who also enjoys cooking. Since 2009 I kept requesting for kindle format. I am happy to have it again but on my kindle, which I love. Thank you for making it possible.

First off the recipes are so on point to what my Puerto Rican Mother in law says. Second off, I accident clicked the buy with one click button and I totally missed the email when it was shipped ... what a pleasant surprise though! I absolutely love it :)

It doesnt get much better than this for Puerto Rican cooking. I've had this for decades.

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