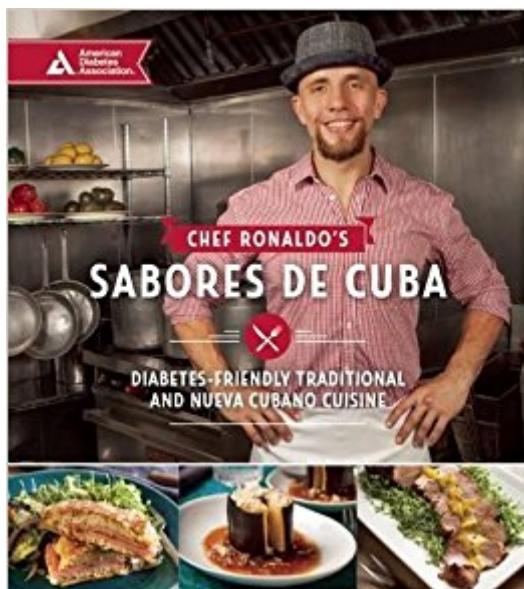


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# Chef Ronaldo's Sabores De Cuba: Diabetes-Friendly Traditional And Nueva Cubano Cuisine



## Synopsis

Distinctive cuisines lend a sense of exoticism to any meal, and Cuban dishes are exceptionally popular these days. Ronaldo Linares, executive chef at the popular Martino's Cuban Restaurant in Somerville, New Jersey, knows Cuban cuisine backward and forward. Chef Ronaldo's Sabores de Cuba features nearly 100 recipes, all of which will wow your taste buds and meet the strict nutrition guidelines of the American Diabetes Association. The book is bilingual, with English on one side and Spanish on the reverse. It also includes 8 pages of original color photography, an attractive two-color interior, a glossary, and list of helpful pantry items and kitchen tools. Chef Ronaldo specializes in creating healthy, diabetes-friendly dishes that are traditionally Cuban yet also have a modern flair. His dynamic, healthy, and innovative recipes are perfect for the home cook or the person wanting to impress his or her guests at a dinner party!

## Book Information

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## Customer Reviews

Ronaldo Linares is a Cuban/Colombian/American former US Marine, classically trained chef, and Executive Chef of Martino's Cuban in Somerville, NJ. His Cuban-inspired, passion-infused culinary style has been featured on Food Network's "Chopped," BBC America's cross-country chef competition Chef Race, and he's appeared on Better TV, Fox News, and Telemundo.

My 21 year old son was just diagnosed with type 1 diabetes. He LOVES Latin cuisine and is the

biggest foodie, so you can imagine his disappointment when he was told to watch EVERYTHING he eats and stay away from a lot of foods that he enjoys. When I went to to look up diabetic Latin cookbooks and saw your book I pre-ordered it and we just received it Wednesday. It's FREAKIN amazing!!!!!! My son made 2 of your recipes the first night and he is back to eating REAL foods that fits his diabetes. THANK YOU THANK YOU THANK YOU for bringing real food to diabetic people who love Latin flavors. My baby is happy again because of your recipes. I cant thank you enough!!!!

I was so excited to have my book arrive earlier than expected. I started to read the book and from the beginning, learning about Chef Ronaldo and his childhood memories that impacted his love for food and how he developed such a deep passion for his craft, made me actually emotional. We all have childhood memories of shopping at the market, or cooking with our parents. Because he made his story so relatable, I knew this book would be different. I was right. My husband and I decided to have friends over and try a few recipes from the cook book last weekend and the recipes we cooked are ABSOLUTLEY INCREDIBLE. The flavors were so delicious and the dishes were creative. I can't imagine how much time was spent on creating these delicious HEALTHY recipes!! This cook book is a MUST HAVE. Recipes are very easy to make and detailed. The best part is that although I am NOT DIABETIC, I know that I can enjoy my favorite foods and incorporate these dishes into my healthy eating lifestyle. We even ordered a few more for our family and coworkers since the book is in English and Spanish!

Just got Ronaldo's cookbook yesterday - tonight, we made Turkey Picadillo, which we used in the Cuban style stuffed potato, and the Cucumber-Avocado salad. They were all fun to make, with unique flavors. I've never made Cuban food, but I'll definitely be making it again! I'm pretty sure we made the stuffed potatoes too big, but they were delicious!! The whole family enjoyed it! Thanks, Ronaldo, for the healthy spin on some great food - this will be our new go to book! Love the crock pot recipes, too!

I just got my book yesterday and I am already planning future meals. As a Cuban American, I know that while our food is delicious, it isn't always the best for you. I am so excited to try these recipes for my family, knowing I am keeping my Cuban roots alive, and feeding my family GOOD food, that is also good for them. Amazing book!P.S. I love that there is one page for English and one for Spanish. I can share this book with my Abuela, who doesn't read English!

I am in love with this book!! A friend told me about it and I am so glad. Cuban food is not usually known as the healthiest but as very delicious. This recipe book is all about health but also for Cuban flavors. First thing I'm spin is making my pantry Ronaldo flavor. I just bought two of my friends this recipe book. Incredible!!!

Though it only arrived yesterday, this Cubana made the Cilantro-Marinated Tilapia, (Page 60), for lunch today. When a 4 year old asks you for seconds, you know that the recipe works. As a Cuban who has several diabetic family members, I am thrilled to have a new book in my culinary canon, to assure that my children enjoy the "sabores" of their culture, in a healthier way. The recipes are all foundational to Cuban cooking, and each recipe is in English AND in Spanish, so that you may gift it to an abuela, tio or other beloved family member. It's also perfect for my Peruvian nanny that still struggles a bit in English, but for whom I "prep", before I go to work. This will become my "Nanny" safe cookbook. (Saving me the time and trouble of writing down, or explaining, what I need done.) A wonderful cookbook, and critical addition to any mamas kitchen library. (Make Chef Ronaldo's Sazon, add the book, and your gift giving is sorted!) Buen Provecho!

Delicious food and the recipes are so easy to follow! I love that all the nutrition info is listed as well. If you like going to Cuban restaurants this is a great (and healthy) way to replicate your favorites!

This is a fantastic cookbook with simple recipes as well as elevated recipes, and you don't have to be diabetic to love it! It is more than just a book of recipes. In the beginning pages, there's nutritional information for everything from bananas to black beans, and definitions of ingredients like "mamey sapote" and "sofrito." He also lists what to have in a well stocked pantry and much more. All of the pages, throughout the cookbook, are in English on the left and Cuban Spanish on the right, and he includes his special tips on many of them.

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