

# Iconic Ingredients & Dishes of Puerto Rico

Presented at:

**Latin Flavors, American Kitchens**

*The Culinary Institute of America, San Antonio*

*Wednesday, October 14, 2009*

# ***PUERTO RICAN ADOBO CRIOLLO***



***PUERTO RICAN STYLE  
SOFRITO***



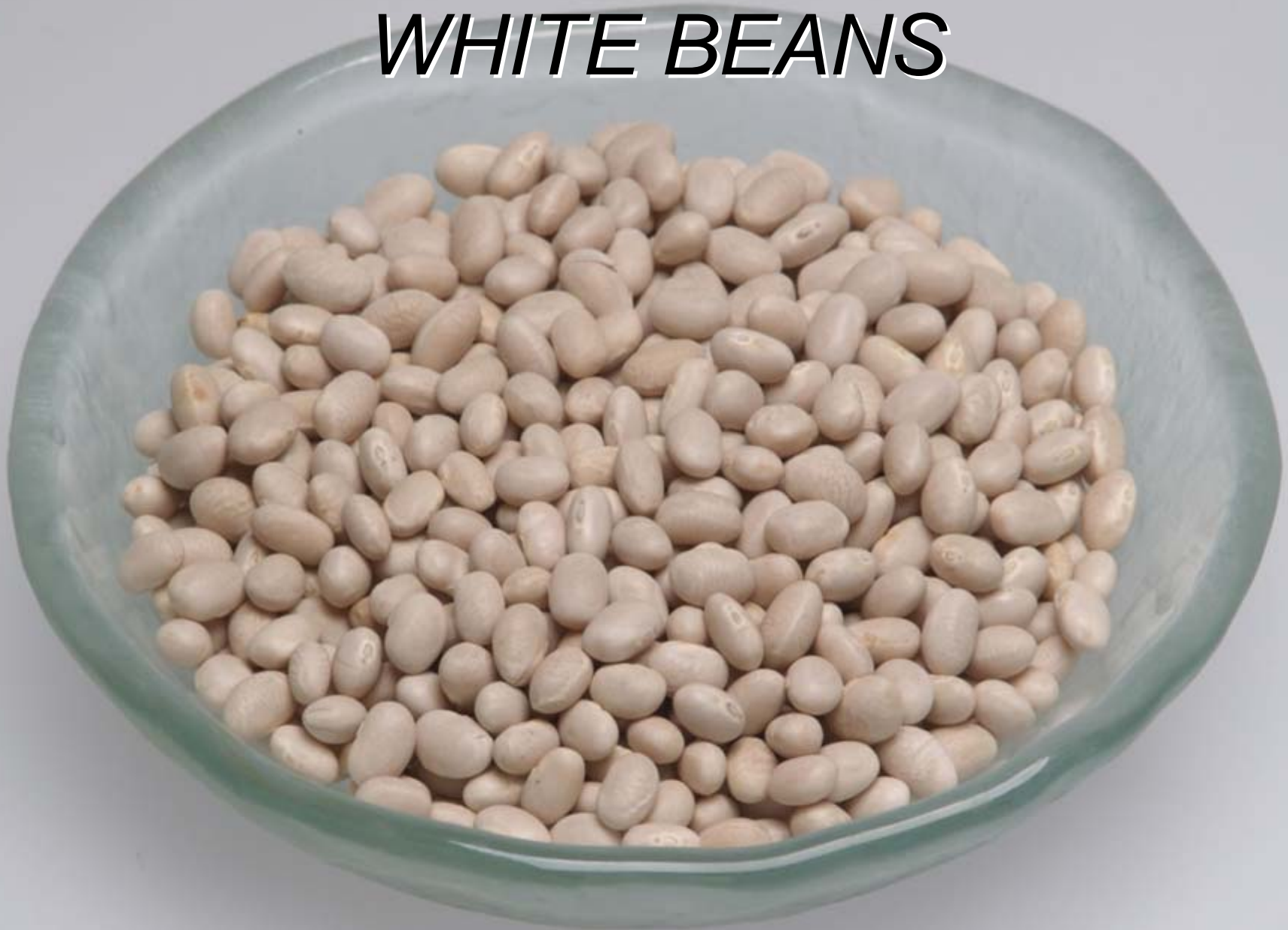
# HABICHUELA MALCADIABLO

## *RED BEANS*



# HABICHUELA BLANCA

## *WHITE BEANS*



# GANDULES

## *PIGEON PEAS*



# HABICHUELA ROSITA

## *PINK BEANS*



# PLATANO

## *GREEN PLANTAINS*



# PLANTANOS

*RIPE PLANTAINS*



# YUCA CASSAVA



# PUERTO RICAN APIO



ÑAME



# YAUTIA BLANCA

## TANIER ROOT



# YUATIA

*TANIER ROOT*



# CULANTRO



# AJÍ DULCE ROCOTILLO



# AJÍ PICANTE





# PUERTO RICAN

*ICONIC DISHES*



**ARROZ CON SALCHICHAS**  
***VIENNA SAUSAGE RICE***



**ARROZ CON LONGANIZA**  
*PORK SAUSAGE RICE*



# ARROZ CON POLLO

# **GANDULES GUISADOS** *STEWED PIGEON PEAS*



A close-up photograph of a white bowl filled with Habichuela Marca Diablo Stewed Red Beans. The beans are bright red and kidney-shaped, swimming in a thick, reddish-orange tomato-based sauce. Several chunks of yellow potatoes are visible, partially submerged in the sauce. The bowl is set against a plain white background.

**HABICHUELA MARCA DIABLO**  
*STEWED RED BEANS*



**GARBANZO GUISADO**  
**STEWED GARBANZO BEANS WITH**  
**CHORIZO**

# BACALAITOS



The image features two dishes on a dark, textured wooden surface. In the upper portion, a white oval bowl is filled with a fruit salad, including chunks of yellow pineapple, orange segments, and slices of banana, all resting on a large green leaf. In the lower portion, a white round plate holds a bacalao salad. This salad is composed of shredded white fish, sliced hard-boiled eggs, avocado wedges, red bell peppers, green olives, and thin slices of red onion, all served on a bed of green lettuce with several lime wedges scattered around. The text 'SERENTA DE BACALAO' is overlaid in white, bold, sans-serif font across the center of the image.

# SERENTA DE BACALAO