

## CUBAN CONCH COOKING (КУБИНСЬКА КУХНЯ)

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*У доповіді ми знайомимось з кубинською кухнею, рецепти якої були завезені з Британії та Латинської Америки. Ця кухня увібрала в себе певний Британський акцент ,котрий все ще помітний сьогодні та «латинську» гостроту. Conch Cooking – завершення англійських та кубинських методів підготовки харчових продуктів - книга рецептів, а не поварена книга.*

The delightful recipes of Conch cooking have varied as each cook changed them to meet the needs of her family or the materials available.

Fruit and vegetable salads have never been a very important item on the daily menu. Vegetables have been grown on the island, nearby Cow Key, and along the Keys, many years ago. But just before the completion of the Overseas Highway the only available vegetables in quantities were those brought by boat either from the mainland or Cuba.

With the arrival of the many navy families from all parts of the country during the World Wars, shipments of perishables were speeded up by refrigerated trucks from Miami. The two chapters covering salads and fruit juice drinks are the contributions from the “strangers” to Conch cooking.

There are a variety of spices and condiments used in Key West cooking; the Cubans prefer to use cinnamon bark instead of ground cinnamon, and of course a bay leaf goes into almost everything. The Conchs use lime juice or Old Sour (if they can't get fresh limes) on their food after it is cooked; the Cubans use it when cooking.

Nothing light and delicate about these-they often serve as a whole meal, with crisp freshly baked Cuban bread.

"Strangers" – the term for anyone not born on the island-have introduced the lighter luncheon soups. They, too, are best with the fresh bread, or cockers; and the addition of a fruit dessert is delicious, but not essential.

Avocados are stuffed and baked, or peeled and sliced raw to be eaten with salt, pepper and lime juice, diced for soups, or spread on bread as butter. And even sweetened and served as dessert!

The culinary imagination of Conchs is really quite inexhaustible. Over the years they have learned to combine various ingredients in delightful recipes.