

Title:

Puerto Rican Cuisine

Word Count:

560

Summary:

Puerto Rico is an island nation that is officially a territory of the United States. Puerto Rico

Cocina criolla, one of the ...

Keywords:

cuisine, Puerto Rico cuisine, dishes

Article Body:

Puerto Rico is an island nation that is officially a territory of the United States. Puerto Rico

Cocina criolla, one of the main cuisine styles particular to the island has deep roots, extend

Many of the island's main dishes are seasoned with adobo and sofrito, spice mixtures that impa

Sofrito is made from onions, garlic, cilantro, peppers, and often includes achiote, which is f

One pot dishes, or stews, are common to Puerto Rican cuisine. These are often made of meats, a

Chicken with rice is a dish that has become a Puerto Rican specialty, with many families havin

Naturally, seafood is an important part of the island cuisine. Fried fish is often served with

Puerto Rican cuisine has many facets, arising from the island's long, complex history. The ble

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