Eating out in Puerto Rico by Roger Nash

Article published on December 21st 2011 | Travel Tips

To completely experience a place, you must indulge in its cuisine. When it comes to Puerto Rico, trying some Comida Criolla is a must. Besides that, there are several international cuisines as well as fusion ones that are served here. You get the entire spectrum of restaurants from budget eateries to those that are a culinary experience in themselves. You will find the maximum variety in the capital, San Juan. It is also the place you must head to for the best of authentic Puerto Rican food.

The local cuisine of Puerto Rico is creole or what is known as Comida Criolla. This is the amalgamation of traditional TaÃ-no food, a strong dose of Spanish influence and some African style thrown in for good measure. Among the popular creole dishes that you should give a shot are lechÃ³n asado (roasted pork), seasoned with adobo which is made from vinegar, paprika, oil, garlic as well as oregano. There is also asopao de pollo (stewed chicken), and arroz y habichuelas (rice and red beans served with meat). Cooking plantains are also used rather extensively in Criolla cooking. You have what are known as tostones that are basically mashed green plantains flattened and twice fried. And then you have mofongo, in which mashed plantains have meat or seafood mixed into them. They are then fried and seasoned with garlic and tomato sauces.

Some of the best seafood is available this side of the world. The coastal cities are where you will be able to experience the best of this cuisine. The Caribbean lobster is something you will definitely have at any discerning seafood restaurant. Along with this most places will also offer whole red snapper, which must be sampled as well. But the most popular of dishes is conch, stuffed with tomato and made a fritter. Alternately it can be served along with a ceviche salad.

There are several upmarket restaurants whose specialty lies in the Nuevo Latino cuisine. Though the style is predominantly Comida Criolla, it makes use of a lot of fruits, fish as well as tubers as its core ingredients. There are several tropical marinades as well as dark rum-based sauces that provide the basic flavors. But for those who would like a taste of their own home, there are a number of international cuisines that are also available here.

Article Source:
http://www.articleside.com/travel-tips-articles/eating-out-in-puerto-rico.htm - Article Side

Roger Nash - About Author:
If you want to go best a puerto rico restaurants? Just check out the various See a travel to puerto rico packages, Hotels and flights on our website. And travel to a puerto rico to enjoy most memorable vacations of your life.

Article Keywords:
puerto rico restaurants, travel to puerto rico, puerto rico

You can find more free articles on Article Side. Sign up today and share your knowledge to the community! It is completely FREE!