

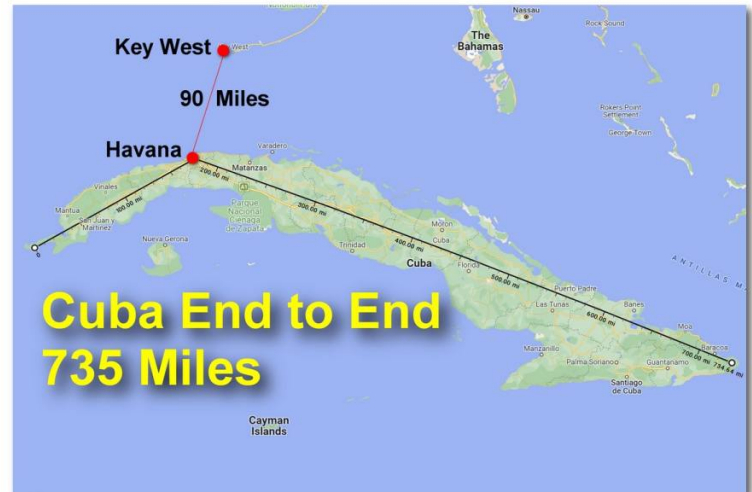
HAVANA, CUBA

Presentation by Paul Pacter

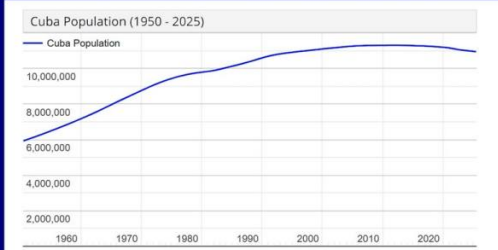
www.PaulVisits.com

Copyright © Paul Pacter - All Rights Reserved

Cuba Background and History



Cuba Population Sept 2025:
10,900,000



UN World Population Prospects 2024
<https://population.un.org/wpp/>

UN Data
Peak 2011:
11,300,000
Sept 2025:
10,900,000
Projection 2054:
9,100,000

Capital Havana *La Habana*
Havana pop: 2.4 million.
Havana Metro: 3.9 million.



Cuba land area:
41,097 sq. miles.
Slightly smaller than Pennsylvania.

Coastline:
2,321 miles.

Land Use in Cuba
Agriculture: 60%.
Forest: 27%.
Built-up Areas, Roadways, Other: 13%.

Climate: Tropical moderated by trade winds. Average temps:

January: High 80. Low 62.

July: High 90. Low 73.

Dry season: November to April.

Rainy season: May to October.

Time: UTC-5 (same US East Coast).

Daylight savings time: Yes.

Government: One-party communist state.

Head of State:
President Miguel Diaz-Canel.

Head of Gov't:
Prime Minister
Manuel Marrero Cruz.



Legislature

Unicameral: National Assembly of People's Power.

Seats: 474 (effective 2023).

Communist Party is the only party. Nominates candidates, who run unopposed.

Assembly elects President and Prime Minister. No public vote.

Citizenship

Citizenship by birth only:

Birth in Cuba or to Cuban parents living abroad.

Naturalization: Highly restricted.

Dual citizenship: No.

Cubans in USA

Est. 2 million. 60% in Florida.

Cuban-born: Around 57%.

Politics: Heavily Republican. Strongly anti-Communist.

Successful: In establishing businesses and developing political influence in US.

States with largest Cuban-American populations US Census Estimate 2021

United States Total	2,400,152
Florida	1,589,455
Texas	123,565
California	103,500
New Jersey	94,260
New York	83,771
Georgia	37,768
Nevada	36,041
North Carolina	33,258
Pennsylvania	26,316
Illinois	22,518



Mariposa
Cuba
National
Flower

Cuba Flag

Designed: 1849.

Adopted 1902.



Blue bands: Old divisions of island: Central, East, West.

White bands: Purity of independence.

Don't confuse the Cuba flag (adopted 1902)



with the Puerto Rico flag (adopted 1895). →



Ethnic Groups (2012 self-identification in census)

White: 64.1%.

Mulatto or mixed: 26.6%.

Black: 9.3%.

Voting: 16 years of age.

Official Language: Spanish.

Cuba Religions (2020 est.)

Christian: 59%.

Folk religion: 18%.

No Religion: 23%.

Christianity is mainly Roman Catholic modified by African folk customs.

Cuban Money

Cuban Peso:

CUP. Symbol \$.

Units: \$1, \$3, \$5,

\$10, \$20, \$50,

\$100, \$200, \$500

Some coins too.

Official Rate: Pegged with US dollar at 25 CUP = US\$1. **BUT...**



But market rate is very different!

Over 400 to US\$1 August 2025.

If you pay in US dollars cash in restaurants, hotels, stores, you will get close to this market rate.

US dollars cash accepted – preferred – by most merchants.

But NO credit cards. NO ATMs.

Cuba's Economy

State-run enterprises dominate.

72% of workers state employed.

Most others are self-employed.

Private property and foreign direct investment are allowed.

But economic activity is tightly controlled by the government.

Cuba Gross Domestic Product (GDP)

Per capita nominal (NOT PPP):

\$7,156 (2020 est).

Per capita (PPP):

\$12,300 (2016 est).

Based on limited World Bank data.

Exports: \$2.6 bn (2017 est).

China 38%, Spain 11%,

Netherlands 5%, Germany 5%.

Imports: \$11.1 bn (2017 est).

Spain 19%, China 15%,

Italy 6%, Canada 5%, USA 5%,

Russia 5%, Brazil 5%.

Food rationing system since 1962.

Family ration books. Must buy certain low-price items at Bodegas.

Typical monthly rations per person:

5 eggs 6 lbs white rice

1 liter cooking oil 20 oz beans

1 lb spaghetti 2 bags coffee

3 lb white sugar Dinner rolls

3 lb dark sugar 2 lbs chicken

Problems: Availability. Long lines.

Power Blackouts

Starting 2022 rolling blackouts (mainly 6 hours, up to 12 hours) throughout Cuba, including Havana.

Electric grid collapsed totally Oct 18, 2024. Entire island blackout. But Cuba has had electric shortages long before.

Why?

- Insufficient capacity.
- Poor maintenance.
- Lack of fuel.
- Poor quality fuel (high sulfur) which damages electric plants.

After Jan, unprecedented anti-government protests throughout Cuba about electricity.



My Photo - Blackout, 2022

Havana - Oct 18, 2024

"Virtually all commerce in Havana ground to a halt. Many residents sat sweating on doorsteps. By nightfall, the city was almost completely enveloped in darkness."

<https://www.geo.tv/>

Cuba History – 1

1492 Navigator Christopher Columbus arrives. Claims Cuba for Spain.

1511 Spanish settlements.

1526 Importing slaves from Africa.

1762 British capture Cuba.

1763 Cuba returned to Spain.

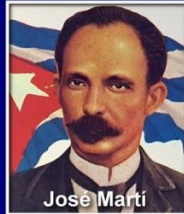


Cuba History – 2

1868-1878 Ten-Years War of Independence. Spain won. Promised reforms and autonomy – never happened.

1886 Slavery abolished.

1895-98 José Martí leads a second war of independence.



Cuba History – 3

1898 US Battleship Maine explodes in Havana harbor. US declares war on Spain.

1898 US defeats Spain. Spain cedes Cuba to the US.

1902 Cuba becomes independent. US ends military occupation.



Truth?

Cuba History – 4

1933 Government overthrown in coup led by Sergeant Fulgencio Batista. Batista led Cuba by dictatorship until overthrown by Fidel Castro in 1959.

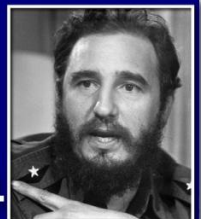
1953 Fidel Castro leads an unsuccessful revolt against the Batista regime.

Cuba History – 5

1956 Castro lands in Cuba. Leads guerilla war against government.

1958 US aid to Batista ends.

1959 Castro army takes Havana. Batista flees. Castro becomes prime minister; brother, Raul, becomes his deputy.



Cuba History – 6

1960 All US businesses in Cuba nationalised. No compensation.

1960 US trade embargo (except medicine and food). All business with Cuba prohibited. Continues to today.

1961 US breaks off all diplomatic relations with Havana.

Cuba History – 7

1961 US sponsors failed Bay of Pigs invasion by Cuban exiles.

1962 Cuban missile crisis.

1991 USSR collapses. Their aid to Cuba ends.

1993 Cuba introduces some market reforms to stem the deterioration of its economy.

Cuba History – 8

2008 Fidel retires. Raul takes over as president.



2008 Bans end on people owning mobile phones and computers.

2009 US President Barack Obama says he wants a new beginning with Cuba. Relaxes travel restrictions.

Cuba History – 9

2014-2016 Some US-Cuba trade and banking restrictions eased. Embassies reopened. Travel resumes. President Obama visits Cuba. Cuba allows small private businesses.

2016 Fidel Castro dies, age 90.

Cuba History - 10

2017-2020 President Trump overturns many Obama reforms. Declares Cuba a state sponsor of terrorism.

2021 Anti-government demonstrations protest lack of food, fuel, medicine and freedom.

Cuba History – 11



October 2022 US Customs and Border Protection reports that 224,607 unauthorized citizens of Cuba had been apprehended and/or expelled trying to enter the United States during fiscal year 2022 ending Sept 30, 2022.

Legal Travel to Cuba by Americans

Old “People to People” program ended 2019. Had required using government-owned tour companies, hotels, restaurants.

New “Support for Cuban People” program requires support for Cuban micro-entrepreneurs rather than government-run entities.

This means:

- Stay in casas particulares (private homes).
- Eat in paladares (small, private restaurants).
- Use private guides.
- Participate full-time (8h/day) in small cultural activities that directly benefit people.

Has Pres Trump tightened rules for Travel to Cuba? Yes, but...

- June 2025 presidential memorandum explicitly prohibits US citizens from traveling to Cuba for tourism (leisure).
- But limited humanitarian exceptions from before are still allowed.
- **Need careful documentation that you are going on a humanitarian project.**
- **Use US tour company. Not on your own.**

Best to use tour company. I used discovercorps.com.

Need Cuban visa.
Buy online. \$85+ship.



Book flight with visa number and state purpose of visit is “Support for Cuban People”.

Complete Traveler Info Form online.
Proof of medical insurance.

Non-stop flights to Havana from US:

- From Miami - AA and DL. **About**
- From Tampa - Southwest. **One Hour**

Vaccinations required? None.

US mobile phones: Won't work – maybe just text messages only.

Cannot use: ATMs or credit cards.

Can use: US\$ cash or Cuban Pesos.

Tips for guide/driver: US\$ cash best.

Flying into Havana from USA



José Martí International Airport International Terminal



Where to Go and What to Do in Havana



Havana Cathedral - 1777



Catedral de San Cristóbal.

1777. Baroque style. Coral stone.
1 of 11 Catholic cathedrals in Cuba.
Built by Jesuits.

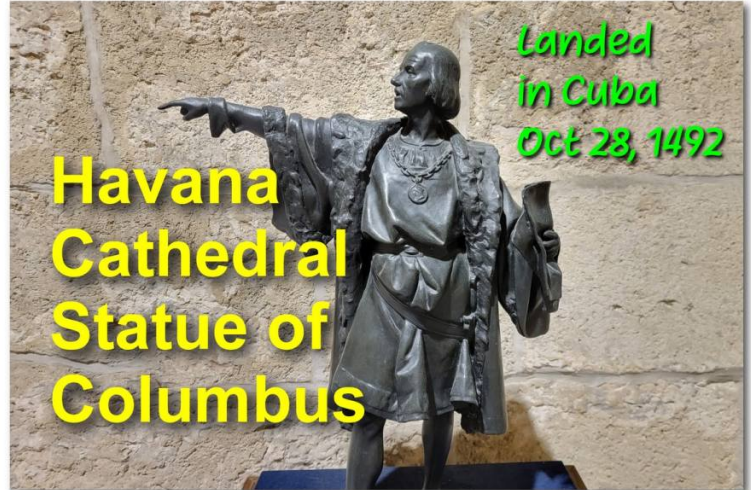
Christopher Columbus' remains
were here 1796-1898. Moved to
Seville after Cuban independence.
Part of Old Havana UNESCO site.

Havana Cathedral Interior
Mon-Fri 9-5. Sat-Sun 9-2.



Havana Cathedral Statue of Columbus

Landed
in Cuba
Oct 28, 1492



Casa del Marques de Arcos.
In Cathedral plaza.



Private home 1707. Became post
office. Now being renovated.

Museo de Arte Colonial
Museum of Colonial Art 1720
In Cathedral Plaza.
Oldest building
in Old Havana.



Capitol - 1929



Capitol - Capitolio. 1929.
Exact center of Havana.
Similar to US Capitol: 1 meter
higher, 1 meter wider. 😂
1959: Congress abolished.
Building fell into disrepair.
2019: Renovated. Now again
home of National Assembly.



**Central Park
Parque Central
Statue of
José Martí**

**José Julián Martí Pérez
1853-1895.**

**Cuban writer, philosopher,
political theorist, martyr.**

**National hero - inspired
independence movement.**

Died fighting Spain 1895.



**Plaza de Armas
Statue of
Carlos Manuel
de Céspedes**

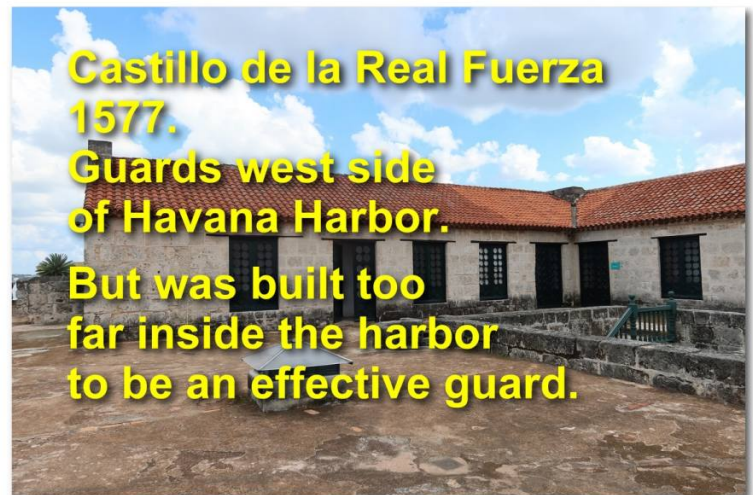
**Carlos Manuel de Céspedes,
Cuban revolutionary hero.**

**Plantation owner who freed
his slaves and declared Cuba
independent in 1868. Started
Ten Years' War (1868-1878).**

Killed by Spanish in 1874.



**Castillo de la Real Fuerza
Castle of the Royal Force
Built 1577.**



**Castillo de la Real Fuerza
1577.**

**Guards west side
of Havana Harbor.**

**But was built too
far inside the harbor
to be an effective guard.**

**Castillo de la Real Fuerza - 1577.
Part of UNESCO Old Havana Site.
Built by slaves and prisoners.
Was residence of Spanish
governor of Cuba.**

**Inside: Maritime history
museum.**

Closed Mondays.



**El Templete - 1827
Monument to
Founding of
Havana**

Sacred kapok tree



Malecon - 8km Roadway, promenade, and seawall. Built 1901 (some later) mainly to protect Havana from the sea.



Looking down to the sea from the Malecon.



United States Embassy On Malecon in Vedado.

US Embassy

1959-1977 Relations severed.

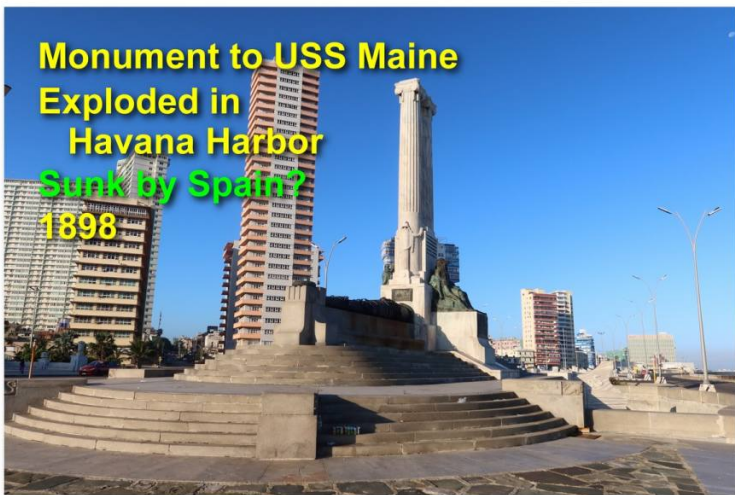
1977-2015 US office, not embassy.

2015 Embassy resumed.

2017 Havana Syndrome. Pain, ears ringing, cognitive difficulties.

2018 Only 10 American diplomats remained. Cause still unknown.

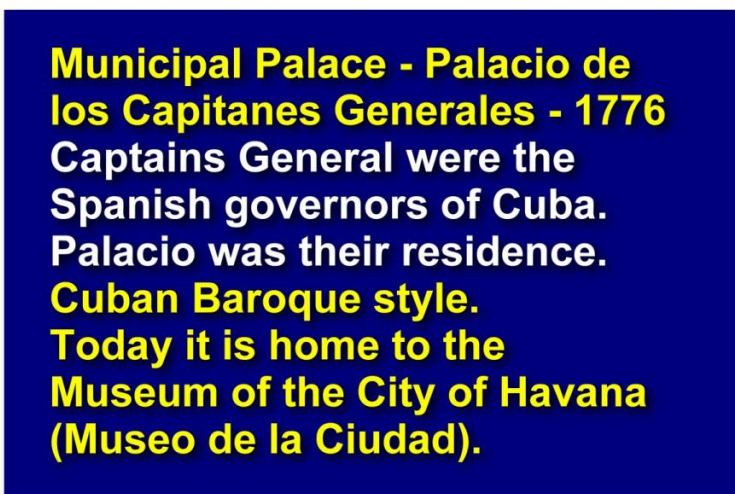
2022 Slowly reopening.



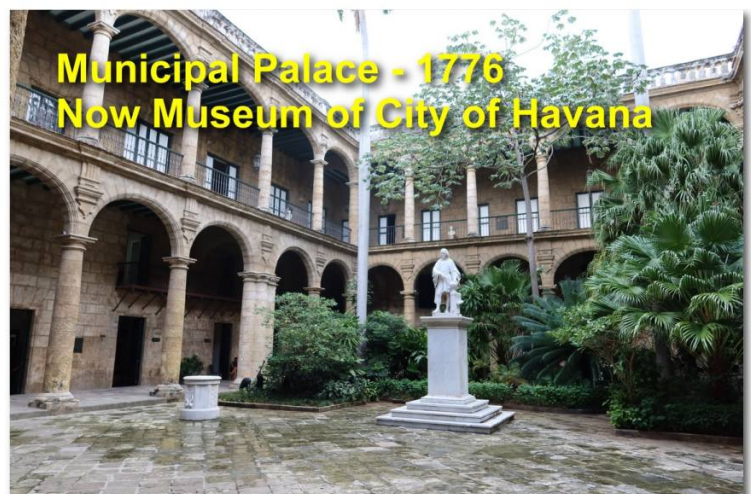
Monument to USS Maine Exploded in Havana Harbor Sunk by Spain? 1898



Municipal Palace - 1776 Palacio de los Capitanes Generales. Now the city history museum.



Municipal Palace - Palacio de los Capitanes Generales - 1776
Captains General were the Spanish governors of Cuba. Palacio was their residence.
Cuban Baroque style.
Today it is home to the **Museum of the City of Havana (Museo de la Ciudad).**



Municipal Palace - 1776 Now Museum of City of Havana



Municipal Palace - 1776
Museum of City of Havana



Museum of City of Havana
19th c Fire Engine
Made in Elmira, NY



National Museum of Fine Arts
Museum of Cuban Art

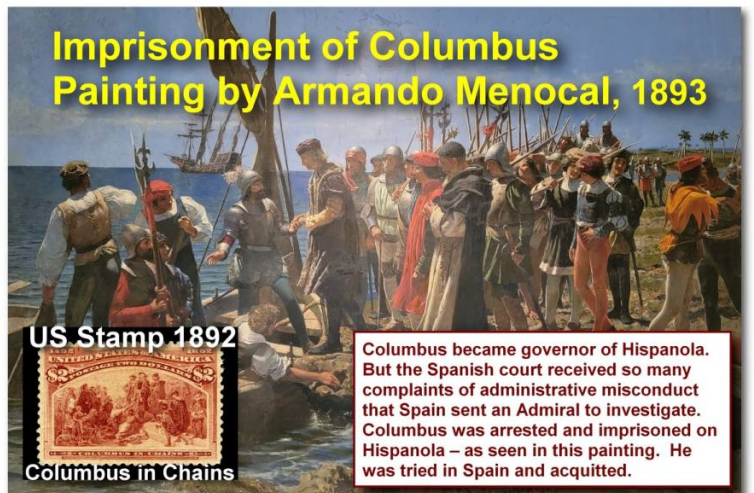
National Museum of Fine Arts
Founded 1913. Two buildings:

- Museo Nacional de Bella Arte Universal – foreign art, classical building.
- Museo Nacional de Bella Arte Cubano – Cuban art from the Colonial Period to the present.

I visited only the second one.



National Museum of Fine Arts
Museum of Cuban Art Courtyard



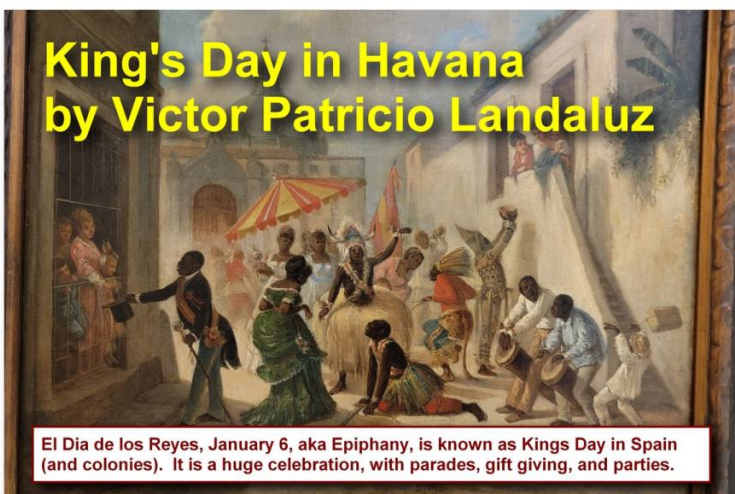
Imprisonment of Columbus
Painting by Armando Menocal, 1893

US Stamp 1892



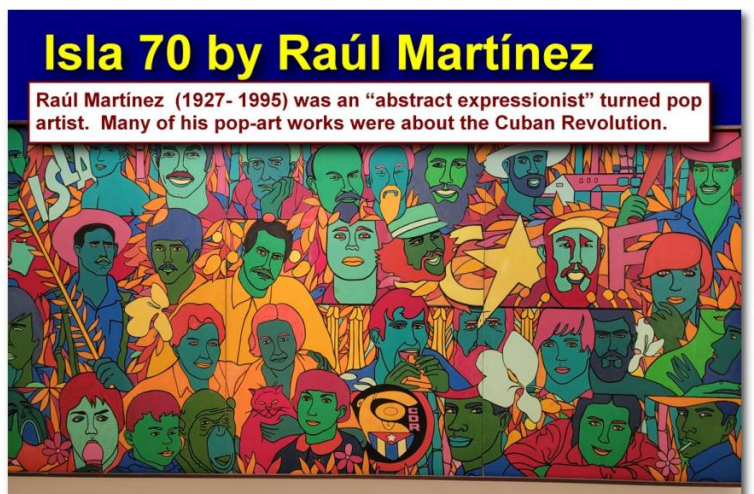
Columbus in Chains

Columbus became governor of Hispanola. But the Spanish court received so many complaints of administrative misconduct that Spain sent an Admiral to investigate. Columbus was arrested and imprisoned on Hispanola – as seen in this painting. He was tried in Spain and acquitted.



King's Day in Havana
by Victor Patricio Landaluz

El Día de los Reyes, January 6, aka Epiphany, is known as Kings Day in Spain (and colonies). It is a huge celebration, with parades, gift giving, and parties.



Isla 70 by Raúl Martínez

Raúl Martínez (1927- 1995) was an "abstract expressionist" turned pop artist. Many of his pop-art works were about the Cuban Revolution.

National Theatre - 1915 Gran Teatro de La Habana



National Theatre - 1915 Gran Teatro de La Habana

Home to the Cuban National Ballet.

Theatres, concert hall, rehearsal rooms, art gallery.

Renovated 2015.

Main hall seats 1500.



Mural of 19th c Personalities Mural de las Personalidades



Mercaderes Street.

Chamber of Commerce Opened 1909.



Was Stock Exchange until 1959 revolution.

Old Havana Street Musicians



Sloppy Joe's Bar Reopened 2013 after being closed for 48 years.



Sloppy Joes Bar Zulueta & Animas Sts. Opened in 1920s.

90% customers American.

Magnet for American celebs and tourists wanting to mingle with them. LA Times called it "almost a shrine".

Business nosedived after Revolution. Closed in 1965. Reopened in 2013.



Museum of the Revolution Closed for renovations.



Across the street is an outdoor museum of historic weaponry.

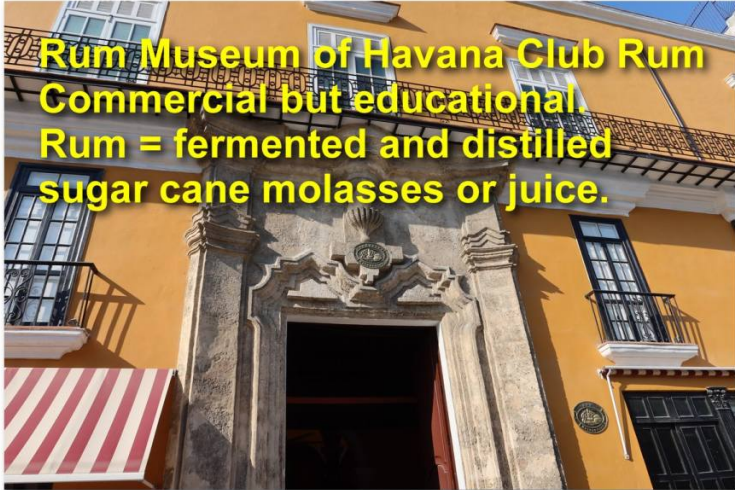
Museum of the Revolution
Museo de la Revolucion
Story of the 1959 Cuban Revolution.
Vivid exhibits like blood-stained and bullet-riddled uniforms.

Building was Presidential Palace of all Cuban presidents from Mario García Menocal (Pres 1913-1921) to Fulgencio Batista (until 1959).

Truck used to gain entrance in attempted assassination of Batista
March 13, 1957.



Rum Museum of Havana Club Rum
Commercial but educational.
Rum = fermented and distilled sugar cane molasses or juice.



Two Havana Club Rums!

Original. Moved to Puerto Rico after Castro.

therealhavanacub.com



Havana Club Rum now made in Cuba.
havana-club.com



Overview Map of Havana

Our next 3 stops will be across the harbor at El Morro, Cabaña, and the Christ Statue. There's a tunnel for cars to get across.



Morro Castle - 1589
"El Morro" Harbor Defense



Morro Castle – "El Morro" 1589

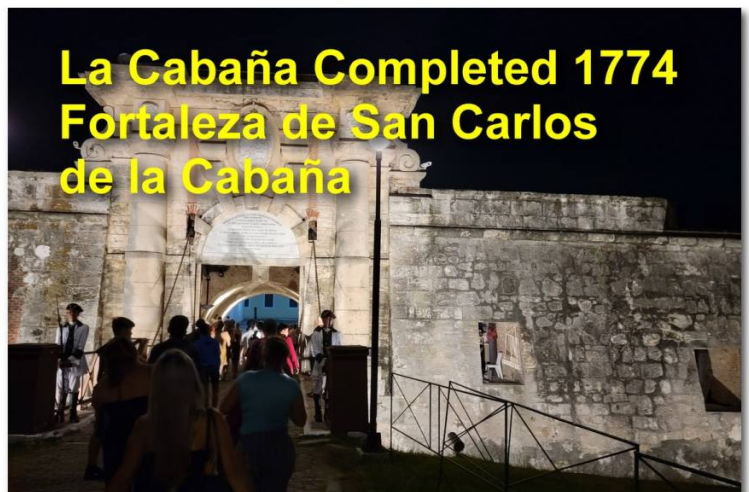
Not to be confused with San Felipe del Morro Fort (aka El Morro) in San Juan, Puerto Rico, Bay.

Built by Spain.

Main defense in Havana harbor until La Cabaña was built next door 1774.

Part of Old Havana UNESCO Heritage site.

La Cabaña Completed 1774
Fortaleza de San Carlos de la Cabaña



**Nightly "cannon ceremony"
by Cuban army personnel.**

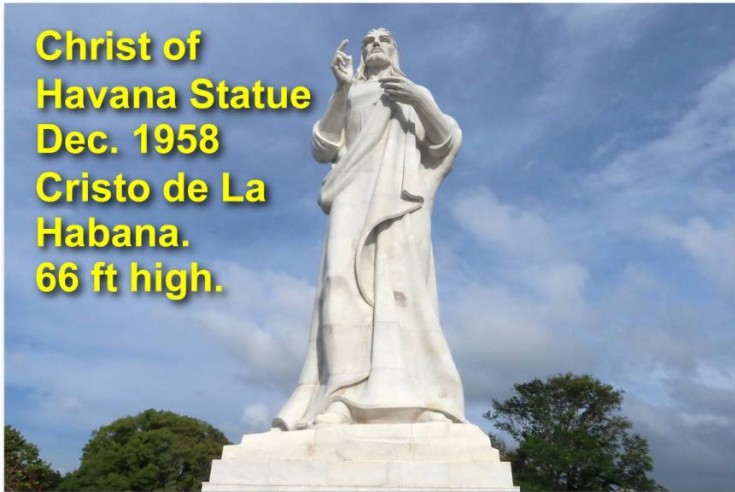


**Commemorates historical closing
of the gates to protect walled city
of Havana from pirates.**

**In 1959, Castro
seized La Cabaña.
Cuban Army
surrendered.
Che Guevara used
the fortress as
headquarters and
military prison. 176 documented
executions there of people who
opposed the communist revolution.**



**Christ of
Havana Statue
Dec. 1958
Cristo de La
Habana.
66 ft high.**



**Jesus Christ Statue - Dec. 1958
Cristo de La Habana. 66 ft high.
On a hill overlooking Havana Harbor.
Commissioned by Batista's wife to
celebrate survival of 1957 coup attempt.
15 days after the statue was unveiled,
Castro entered Havana. Batista fled.
Castro made religion illegal. Statue
abandoned to vegetation until mid-
1990s, when cleaned and reopened.**

**New Cruise Ship Terminal.
Next to San Jose Tourist Market.**



Will handle 3 cruise ships at once.

**San Jose Tourist Market
Almacenes de San José.**



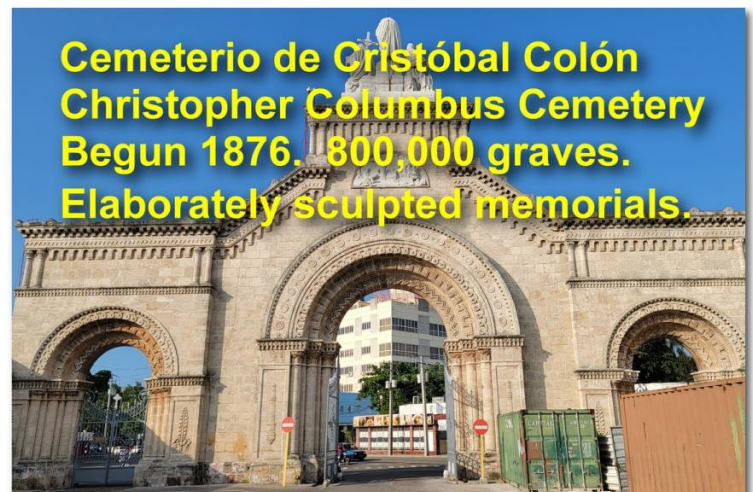
**In old warehouse next to
new Cruise Ship Terminal**

**San Jose Tourist Market
Almacenes de San José.**



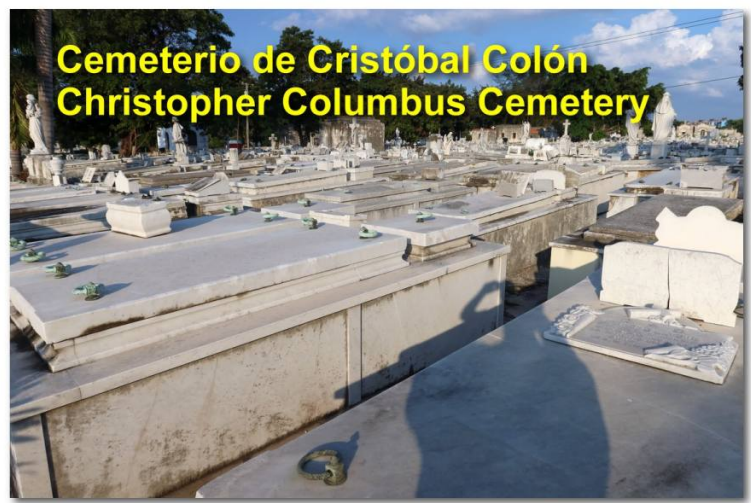
All prices are negotiable!

**Cementerio de Cristóbal Colón
Christopher Columbus Cemetery
Begun 1876. 800,000 graves.
Elaborately sculpted memorials.**





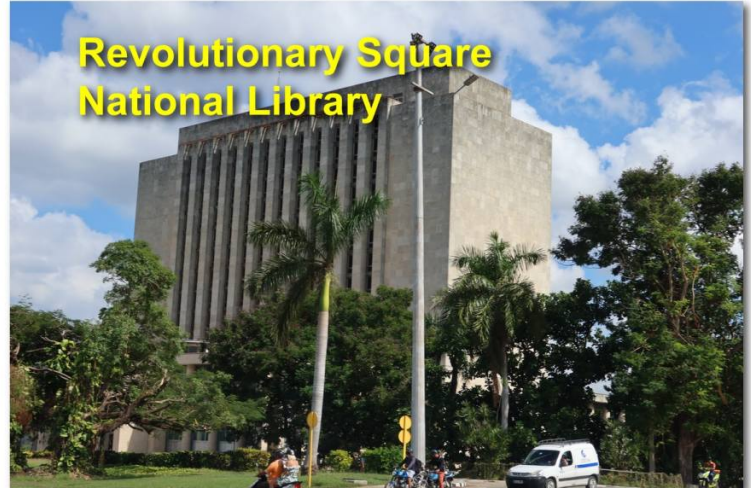
Cementerio de Cristóbal Colón
Christopher Columbus Cemetery



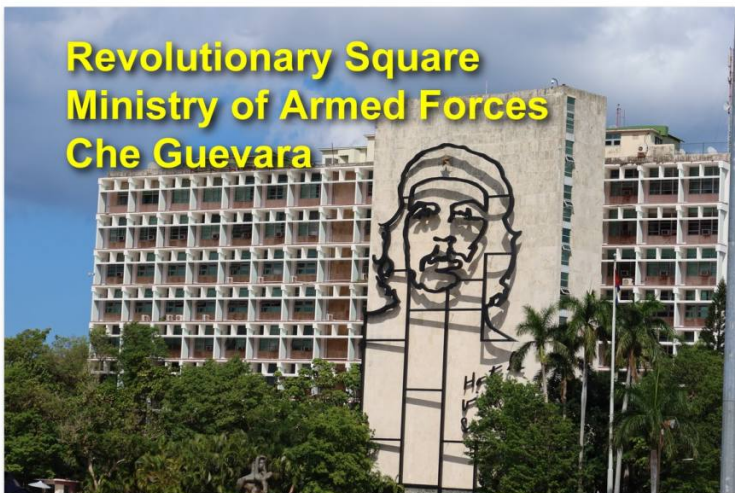
Cementerio de Cristóbal Colón
Christopher Columbus Cemetery

Revolutionary Square
Plaza de la Revolución

- Classic Cars.
- National Library.
- Ministry of Defense (Che Guevara).
- Ministry of Communications (Camilo Cienfuegos).
- Jose Marti Monument.

Revolutionary Square
National Library



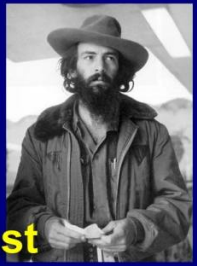
Revolutionary Square
Ministry of Armed Forces
Che Guevara

Che Guevara
1928-1967
Argentine physician.
Became radicalized by poverty and hunger in Latin America.
Fought against Batista with Castro.
Countercultural symbol of rebellion.



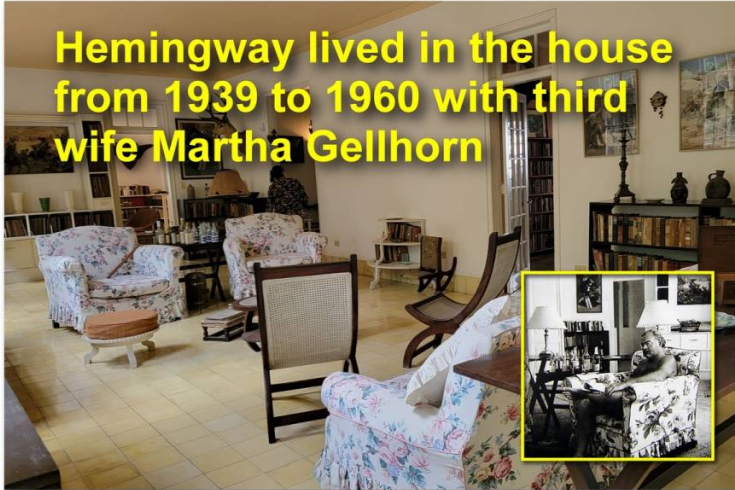

Revolutionary Square
Ministry of Communications
Camilo Cienfuegos

Camilo Cienfuegos
1932-1959
Cuban revolutionary.
Part of Castro's 1956 armed insurgency against Cuban dictator Batista.
One of Castro's top guerrilla commanders.
Revered as hero of the Revolution.



Revolutionary Square
José Martí Memorial
Built by
Batista.
Completed
1958.

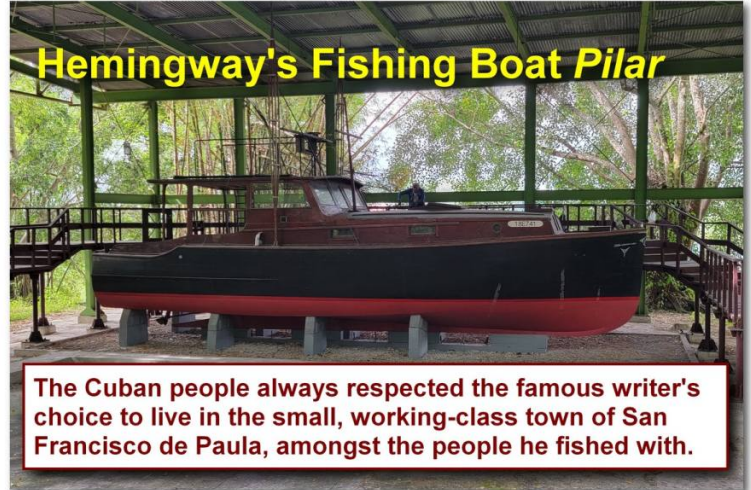
Martyr. Died in battle for Cuban independence from Spain 1895.



Hemingway lived in the house from 1939 to 1960 with third wife Martha Gellhorn

Finca Vigia - Built 1886
Ernest Hemingway Home

Finca Vigia = Lookout Homestead
6 Miles East of Downtown Havana



Hemingway's Fishing Boat *Pilar*

The Cuban people always respected the famous writer's choice to live in the small, working-class town of San Francisco de Paula, amongst the people he fished with.

Fusterlandia
José Fuster is a Cuban artist in "naïve style" – meaning he uses childlike crude shapes and bright colors. Ceramics, painting etc. In 1975 he began a project to transform a run-down fishing village into a folk art haven now called "Fusterlandia". Small fee.



Fusterlandia



Fusterlandia



Fusterlandia



Paseo del Prado
European-style boulevard
"El Prado"



Building along "El Prado"

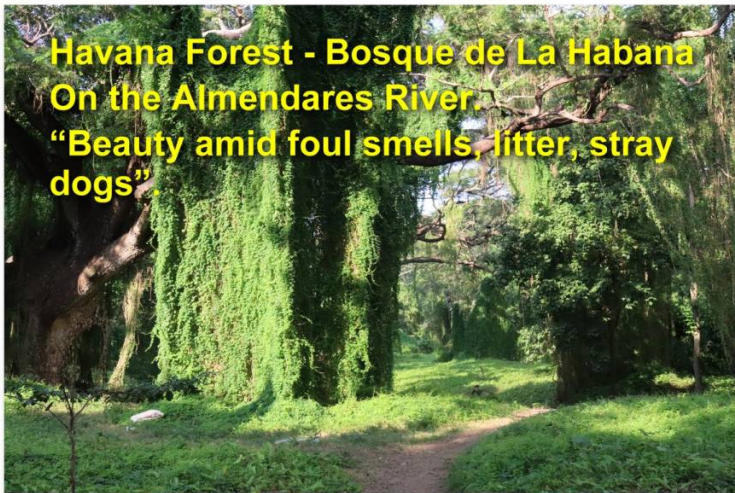


Russian Embassy.
Some liken it to a sword, others to a syringe.
What's in Here?



Russian Orthodox Church - 2004
Our Lady of Kazan Orthodox Cathedral

Authorized by Castro - "Monument to Russian-Cuban friendship"



Havana Forest - Bosque de La Habana
On the Almendares River.
"Beauty amid foul smells, litter, stray dogs"



Santería practitioners in Havana Forest

Chickens about to be sacrificed

Santería

African diasporic religion.
Widely practiced in Cuba.
Developed by slaves late 19th century.
Mix of traditional Yoruba religion of West Africa and Roman Catholic.
No strict orthodoxy. No key sacred text. No central authority in control.
Practice animal sacrifices, for example, chickens in Havana Forest.



Bello Vedado
Casa Particular where we stayed (Ground Floor Left Side)

**Bello Vedado
Casa Particular
Very clean.**

One bedroom has 2 beds, the other one double bed.

Both private bath with good hot water.

Both have built in air conditioners, safe, fridge.



**Bello Vedado
Owner Jorge lives nearby. Cooks hot breakfast each morning.**



**Jorge makes internet hotspot. Can arrange taxi. Free land line phone.
Front porch. Sit and watch neighbors.
2 miles walk to Old Havana. \$5 taxi.**

**Bello Vedado - Bedroom #1.
2nd bedroom has 2 beds.**

**Has air con and safe.
Owner made wifi hotspot each morning from his phone.**



**Bello Vedado
Bathroom**



**Bello Vedado - Typical
Breakfast with Coffee
and Guava Juice**



Bello Vedado Breakfast Room

One morning Jorge made Cuban sandwiches.



**National Hotel - Hotel Nacional
Open 1930. Vedado sea front.**



**Battle of Hotel Nacional
Oct 2-3, 1933**

Two Cuban army groups – one supporting Batista overthrowing the Cuban government and one opposed – fought a bloody battle. 40 dead. Extensive damage to hotel. More fighting in streets outside.



Hotel Nacional's former casino was the setting for the Havana Conference – meeting of the US and Sicilian Mafias in 1946.



This meeting is depicted in the film *The Godfather Part II*, though the actual scenes were filmed in the Dominican Republic.

Fidel Castro nationalized the hotel in 1960.

People Who Stayed at the National Hotel

Winston Churchill, Duke and Duchess of Windsor, Jimmy Carter, Frank Sinatra, Ava Gardner, Rita Hayworth, Mickey Mantle, Johnny Weissmuller, Buster Keaton, Walt Disney, Fred Astaire, Rocky Marciano, Tyrone Power, Errol Flynn, John Wayne, Marlene Dietrich, Gary Cooper, Marlon Brando, Ernest Hemingway, Yuri Gagarin, Jesse Ventura, many Heads of State and monarchs, Jean-Paul Sartre, Steven Spielberg, Leonardo DiCaprio, Danny Glover, Francis Ford Coppola, Michael Keaton, Vladimir Putin, Iranian President Mahmoud Ahmadinejad, Chinese President Xi Jinping, John Kerry, Stan Musial, Tennessee Williams, etc etc.

National Hotel – Many Rooms Full of Celebrity Photos



Thousands of Decrepit Buildings Like This in Havana



Tens of Thousands Like This



Cuban Missile Crisis Museum



Outdoor Museum. Various military apparatus, model nuclear missile.

Cuban Missile Crisis Museum

1962: Castro allowed USSR secretly to station nuclear missiles on the island.

In retaliation for US stationing missiles in Turkey and Italy.

35-day confrontation.

US U-2 spy plane clearly photographed the missiles.

Pres Kennedy was advised by National Security Council to air strike and then invade Cuba.

He declined. Instead imposed a naval blockade. Russia withdrew missiles and planes from Cuba. US withdrew missiles from Turkey.

Considered the closest the Cold War came to escalating into a full-scale nuclear war.



Habana Compas Dance Troupe

Habana Compas Dance Troupe. Merges Cuban music, Spanish dance, and African percussion. Classes for 400 children and young people between 5 and 18 years old. Example: The US "Support for Cuban People" visa requires participation with private sector entrepreneurial groups like this.



Public and private buses are Havana's main public transport system. No subway train system.



Cuban license plate

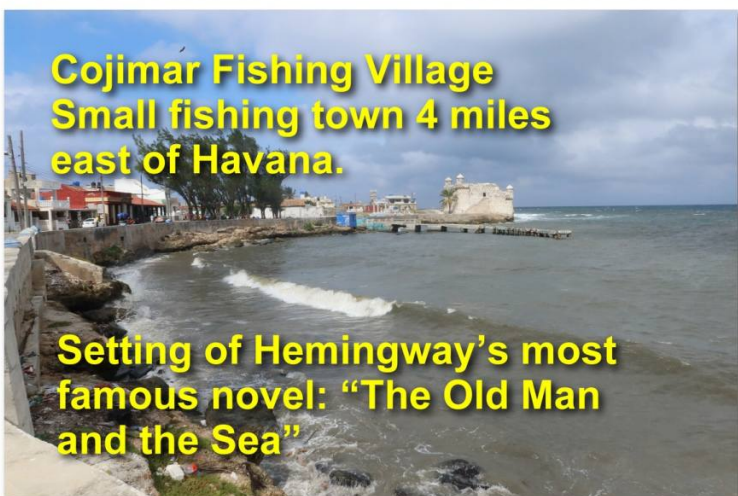


Sport City Arena - Ciudad Deportiva 1957. Capacity 15,000 people. Sports events, concerts, cultural.



Muraleando Outskirts of Havana

Community art project turned this neighborhood and its former garbage dump into a gallery of murals, sculptures and more.



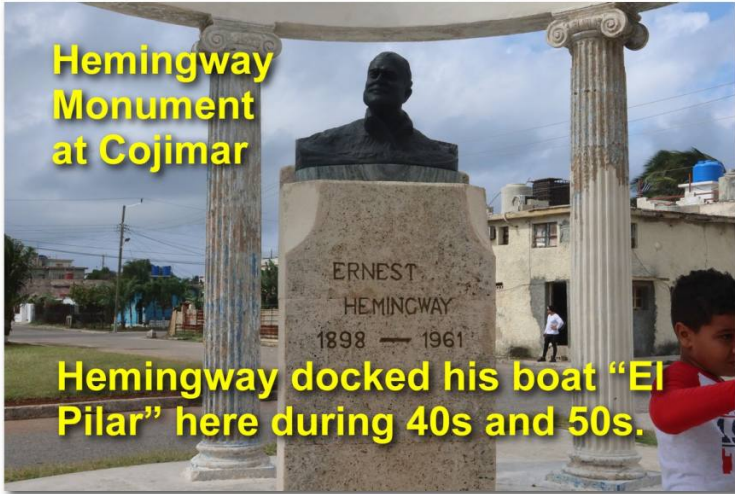
Cojimar Fishing Village
Small fishing town 4 miles east of Havana.

Setting of Hemingway's most famous novel: "The Old Man and the Sea"



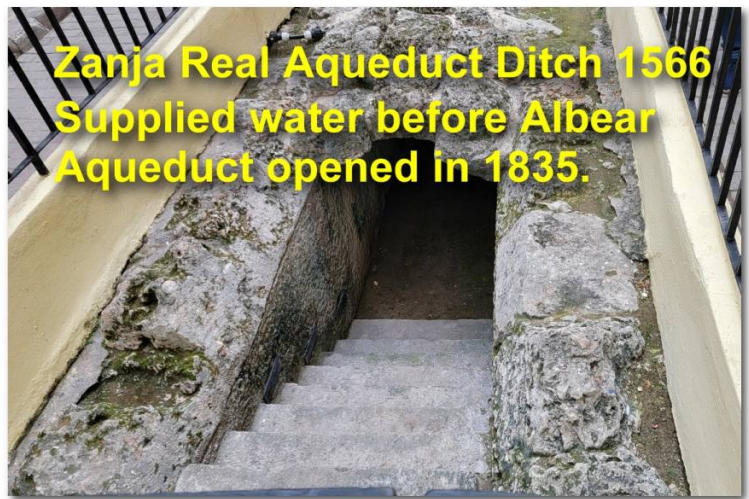
Cojimar Tower
Torreon de Cojimar 1643

Hemingway Monument at Cojimar



Hemingway docked his boat "El Pilar" here during 40s and 50s.

Zanja Real Aqueduct Ditch 1566 Supplied water before Albear Aqueduct opened in 1835.



Classic American Cars in Cuba

Classic Cars

1959 US trade embargo halted export of American vehicles and parts to Cuba.

Cubans rejected Russian cars.

Scrounged or made parts to keep their American cars running.

60,000 pre-revolution cars now on roads.

Total number of cars in:

- Cuba 500,000.
- USA 295,000,000.

A few of my photos



Cuban Food

Cuban Cuisine

Based on Spanish cuisine with influence from African and other Caribbean cuisines.

An island – much seafood.

Tropical climate – many fruits and root vegetables.

Meals often include rice and beans.

Next few slides are examples of what I tried.



Cuban Sandwich

Ham, Pulled Pork, Swiss Cheese, Pickle, Mustard – Toasted and Pressed



Epanadillas and Croquetas



Rice with Eggs

Arroz con Huevo Frito



Shredded Beef with Tomatoes

Ropa Vieja



Cuban Lobsters

Longostes



Crab

Congrejo



Crocodile

Cocodrilo



Black Beans

Porotos Negros



Cuban Lobster

Longostes



Chicken

Pollo



Chicken Soup

Sopa de Pollo



Stuffed Plantains

Plátanos Rellenos



Cassava aka Manioc aka Yuca (with one c)

Mandioca



Yellow Rice

Arroz Amarillo



Pork Ribs

Costillas de Cerdo



Rice Pudding

Arroz con Leche



Vegetable Soup with Pork

Ajiaco Cubano



Tuna with White Sweet Potato

Atun con Batata Blanca



White Rice and Black Beans

Arroz Moros y Cristianos



Fried Beef

Vaca Frita



White Sweet Potato

Batata Blanca



Pork

Cerdo



Guava Jelly with Cheese

Marmelada de Guayaba con Queso



Banana, Pineapple, Guava

Plátano, Píña, Guayaba



Octopus

Pulpo



Cuban Tamale

Tamal Cubano



Tres Leches (Three Milk) Cake

Pan Tres Leches



Cuban Lobster

Langosta a la Cubana

I have also prepared...

A second Cuba presentation.

Areas outside of Havana, including:

– **Ciénaga de Zapata National Park**

– **Bay of Pigs**

– **Cienfuegos***

– **Trinidad***

– **Las Terrazas**

– **Viñales***

***UNESCO**

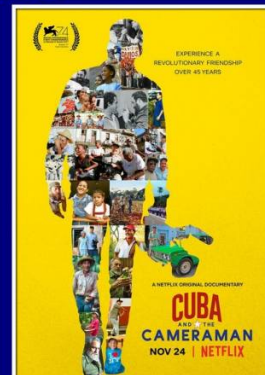


I highly recommend this Netflix documentary
Cuba and the Cameraman

For 45 years, Director Jon Alpert followed Fidel Castro and three Cuban families affected by his policies.

"Because of Alpert's unique access to the island, and the trust and friendships earned over decades, this film is a candid and revealing never-before-seen portrait of Cuba."

www.documentarymania.com
2017 1:50



Another good Netflix series:
The Cuba Libre Story (2015)

8 One-hour episodes on the history of Cuba.



From Colonialism and Sugar to Revolution, Soviets, and today's issues.

