

The Dominican Republic

Introduction, typical products, dishes, chefs and restaurants



Introduction



- The Dominican Republic, is a country located in the island of Hispaniola, in the Greater Antilles archipelago of the Caribbean region. It occupies the eastern five-eighths of the island, which it shares with the nation of Haiti, making Hispaniola one of two Caribbean islands, along with Saint Martin, that are shared by two sovereign states. The Dominican Republic is the second-largest Caribbean nation by area (after Cuba) at 48,671 square kilometers (18,792 sq mi), and third by population with approximately 10 million people, of which approximately three million live in the metropolitan area of Santo Domingo, the capital city.

The typical products of Dominican Republic are: Cocoa, coffee, rum, mama juana



- Cocoa is considered a “superfood”. The cacao bean is full of antioxidants, fat, carbohydrates, protein, polyphenols like flavanoids cacao nutrition that are antioxidants, minerals like calcium, magnesium, sulfur, copper, iron, zinc and potassium, oleic acid which is a heart-healthy essential monounsaturated fat, fiber and vitamins E, B2, B1, B5, B3 and B9. (Read more at superfoods.net). In 2009, the DR exported over 62,000 tons of cocoa! The country ranks first in the global ranking of production and export

Coffee



- Coffee was first introduced in the Dominican Republic in 1715 and began to be exported in 1872. In 2013, according to FAO statistics, coffee production was 10,100 short tons (9,200 t), which was about 0.1 percent of world production. It was grown in an area of 22,400 hectares (55,000 acres) with a yield of 451 kilograms (994 lb). These small DR farmers do most of the work themselves, including processing in mills called “beneficios humedos”. Most coffee is wet-processed, cherries are de-pulped within 24 hours, naturally fermented, washed and dried in the sun.

Rum



- It is said that DR rum is different because more importance is given to its smoothness than other rums. The rums here are made with a natural process of distillation. The first Dominican spirited drink of repute was born and the first industry established in the then recently created Dominican Republic

Mama Juana



- Mama juana is an indigenous drink of the Dominican Republic. It is a brew of twigs and bark and herbs, with rum and red wine and honey. Some love it, some hate it! The specific herbs that make up Mama juana were originally prepared as a herbal tea by the native Taino Indians; post-Columbus, alcohol was added to the recipe. Besides being rumored to be an aphrodisiac, with many natives of the Dominican Republic claiming that the drink has similar effects, Mamajuana is also consumed for its medicinal value. The alcohol is said to act as an extract base that pulls the herbs' curative properties, creating an herbal tincture often served as a shot. The reported positive effects on health vary, ranging from a flu remedy, to a digestion and circulation aid, blood cleanser, sexual potency, kidney and liver tonic. Almost all restaurants here will serve Mama Juana as complimentary after dinner liqueur, and each has their own "secret" recipe for making it!

Typical dishes are: mangú, tostones, Chicharrón de pollo, guisados, habichuelas con dulce



- **Mangú:** mashed, boiled plantains can be traced back to west Africa. The origin name of this dish is fufu. Still called fufu in parts Africa, Cuba and Puerto Rico and cayeye in Colombia. This is a typical and official national breakfast in the Dominican Republic but can also be served at lunch and dinner. Mangú is typically served with queso Frito (white cheese fried in a pan), Dominican salami, eggs and topped with onions cooked in vinegar.

Tostones



- They are fried green plantain slices served flattened and salted.

Chicharrón de pollo



- Fried chicken Usually served with chips, tomatoes, salad and sauce

Guisados



- Braised meat or fish cooked with sautéed bell peppers, onions, garlic, celery, olives, and cilantro. A small amount of sour orange or lime juice, tomato paste, water, orégano and sugar are then added. When done it is served with white rice. This is a popular staple in Dominican kitchens.

Habichuelas con dulce



- Sweet creamed beans dessert. Made with coconut milk, sweet potato chunks.

Habichuelas con dulce recipe

- **Ingredients:**

- 4 cups of boiled and very soft red kidney beans
- 6 cups of water in which the beans boiled
- 2 cups of coconut milk
- 3 cups evaporated milk , divided amount
- 2 cinnamon sticks
- ½ tablespoon of salt
- 1 cup of sugar
- 1 teaspoon vanilla extract
- ½ lb [0.24 kg] of sweet potatoes , peeled and diced
- 10 sweet nails
- ½ cup raisins
- **At your service:**
- 2 teaspoons of salted butter
- 8 small casabe pancakes (can be omitted)
- 1 cup of milk crackers (may be omitted)

- **Method:**

- Put the water and the beans in the blender. Strain and discard the solids. Pour the beans, coconut milk and evaporated milk into a pot, add salt, sugar, vanilla, cinnamon, cloves and sweet potatoes and cook over medium-low heat. Cook until the sweet potato is tender. Add the raisins and cook another 10 minutes. Stir regularly to avoid sticking to the bottom and burn.
- Allow to cool to room temperature and then chill in the refrigerator for at least one hour before serving.
- Spread the butter in the casserole and cook in the oven until golden brown.
- Serve with cassava on one side. Put the cookies in the beans.

Famous chef



- FRANNI SCARFULLERY
- EXECUTIVE CHEF, BOHEMIAN TAPAS AND WINE
- Chef Franni, 25 years of age born in San Pedro de Macoris, and raised in Santo Domingo.
- His interest in kitchens has started at an early age and his hobbies range from reading books, creating new recipes and making coffee art.
- His new love however is. Bohemian Tapas and War bar allows me to discover a new range of taste possibilities, I get to try a lot of different wines and that helps me think of new food recipes.
- The open kitchen concept here also allows me to interact more with customers and that is priceless because it allows me to keep a pulse on the ever changing food trends.
- He work in the famous Cap Cana restaurant and resort

Famous Restaurant



- Passion by Martin Berasategui at Paradisus Palma Real
- The winner of Trip Advisor's Travelers' Choice Award in 2013, this restaurant is an absolute must for visitors in search of signature dishes and exotic refinement while holidaying in Punta Cana. Run by Martin Berasategui, winner of seven Michelin stars and one of the most acclaimed international chefs in the world, the restaurant offers a high-class dining experience and an unforgettable evening at the beautiful Paradisus Palma Real hotel. Spanish cuisine is the star of the menu, and guests can choose between à la carte dining or enjoying a full tasting menu, complete with freshly sourced ingredients and beautiful presentation.