

# DOMINICAN GASTRONOMIC GUIDE

INGREDIENTS • RECIPES • RESTAURANTS • EVENTS







# DOMINICAN GASTRONOMIC GUIDE

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## WELCOME

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From the Academy of Dominican Gastronomy (ADG), we are pleased to present the second edition of the Dominican Gastronomy Guide, beginning with a narrative of the origins, evolution and present situation of our country's ample and diverse food and culinary offer. This document is also a valuable resource to support the diversification process of the Dominican tourism proposal through one of the segments that provides the highest economic incentive for the development of the country and its regions.

The content that we are about to share, includes nuances of our national identity, as well as the historic evolution of the Dominican gastronomic culture. We also delve into the multiple flavors and dishes that each region of the country has to offer, including memorable routes and gastronomic experiences that we want to share with the world.

For this edition we have chosen the cassava bread ("casabe") as front page image. This pre-columbine product was baptized by the colonizers of the island as the "bread of indies", and it represents the jewel in the crown of the culinary contributions of the New

World to the Europeans, considering its important role as the perfect substitute for the wheat bread during the long maritime voyages of back then. The "casabe" is a dominican pride and deserves worldwide recognition for its history, versatility and nutritional benefits.

In this guide our readers will find a selection of indigenous dishes, with recipes chosen from the books written by the renowned chef and teacher Esperanza Lithgow, all representing the exquisite flavors of the Dominican Republic. Likewise, we offer references about restaurants established in the country that provide the most complete culinary selection in the Caribbean region. Also, a glossary of Dominican gastronomic terms is provided to share the meaning of words from the fascinating world of our local cuisine.

We are honored to be able to share with you this valuable document, and want to highlight our gratitude toward our collaborators and sponsors, to all public and private institutions for their support and, especially, to the Ibero-American Academy of Gastronomy for its unconditional trust.



# ABOUT US

## ACADEMY OF DOMINICAN GASTRONOMY

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The Academy of Dominican Gastronomy (ADG) begins its activities in November of 2014, establishing itself formally as a nonprofit organization in March of 2018. Its work is based on research, promotion and protection of all culinary traditions of the Dominican Republic, including all its development and related activities. Through these initiatives, it seeks to protect the purity of cultural traditions as well as provide support for the modernization of culinary techniques, taking into account international gastronomic trends, widely communicating its characteristics and most relevant aspects.

The initiative to create ADG was born by the Ibero-American Academy of Gastronomy (AIBG), promoted by its president, Don Rafael Anson Oliart, and made possible by the initiative and dedication of Don José Carlos De Santiago, Ambassador and Vice President of said institution, who later became Honorary President of the ADG.

Every day there are more people and institutions inclined towards the quality of gastronomic products, services and experiences. In this sense, the Dominican Republic is experiencing an upward spiral, and ADG directs its efforts to enhance this tendency and promote local and international development and positioning of the Dominican gastronomy.



# DISCOVER THE DOMINICAN REPUBLIC

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**“There’s a country in the world  
placed in the same path of the  
sun”... bathed in the waters of the  
Atlantic Ocean and the Caribbean  
Sea, and surrounded by majestic  
coasts, mountains and palm trees.**

The Dominican Republic occupies a little over two-thirds of the eastern side of Hispaniola, in the archipelago of the Greater Antilles, being the second largest country in the Caribbean. Its northern coast faces the Atlantic Ocean, while the South borders the Caribbean Sea or Sea of the Antilles; to the East is the Mona Canal, separating the island from Puerto Rico, and to the West, the country shares border with the Republic of Haiti.



**Weather:** The country has a privileged predominantly tropical climate, with year-round average temperatures of 25 to 30°C , with some exceptions in higher elevation communities such as Jarabacoa, San José de las Matas, San José de Ocoa, Villa Trina, Hondo Valle and Constanza, the latter registering the coldest levels, easily reaching –5°C during winter months.

**Gentilic:** Dominicans

**Government:** Democratic, elected every four years and with separation of powers: Executive, legislative and judicial.

**Language:** Spanish.

**Capital City:** Santo Domingo.

**Economy:** Mixed economic system with a private and public participation scheme. Tourism and agroindustry are the most important economic activities.

**National currency:** Dominican peso (RD\$ DOP). For details regarding the daily exchange visit Banco Central de la República Dominicana.

[www.bancentral.gov.do](http://www.bancentral.gov.do)

**Time zone:** GMT–4 Atlantic time.

**Selective consumer taxes:** Alcohol beverages (10%), tobacco (20%), hydrocarbons(16%),telecommunication services (10%), insurance (16%).

**Religion:** Based on the Dominican Constitution, there is freedom of belief. However,due to a concordat signed with the Holy See, Catholicism is the official and principal religion; although other faiths are practiced with prevalence of the Evangelical Church.

**Main tourist areas:** Punta Cana-Bavaro, Santo Domingo, Puerto Plata, La Romana-Bayahibe, Cabarete, Samana, Constanza, Jarabacoa, Barahona and Pedernales.

**Transportation system:** You can find a wide range of transportation alternatives throughout the national territory, including ground, urban and interurban; likewise, the Metro



and Teleferic systems interconnect significant parts of the City of Santo Domingo. Car rentals, tour operators, traditional taxis and transportation apps are also available.

**Country codes:** +1-809, +1-829, +1-849.



# EVOLUTION OF DOMINICAN GASTRONOMY FROM 3000 YEARS B.C. UNTIL TODAY

By: José Gabriel Atilés Bidó



The first indigenous migrations settled on the Island of Hispaniola more than 3000 years before Christ. They disembarked in Azua from where they continued upward to the Central Mountain Range. There they developed lithic industries fundamentally of flint, specializing as hunters of “parocnus serus”, a species of extinct plantigrade, as well as some rodents.

The rapid extinction of said species determined the exploitation of coastal niches, mangroves and lagoons, influencing the practice of collection for a diet based on snails and bivalves. As it would have been expected, new migrations acquired said nutritional practices from their ancestors, adopting and adapting the lithic instruments and taking control of the eatable scenery.



Evolution continued with greater order and technology for the supply of food products. The development of agriculture and the “conuco”, fishing with traps and nets, and domestication of birds and iguanas began to appear. Other elements of the flora, fauna and avifauna, as well as larva and insects, were also incorporated.



With the arrival of the Spanish in Hispaniola, a process of cultural and social hybridization began determining trends in the cultivation, preparation and consumption of food. The importation by the colonizers of products, seeds, and a variety of animals, combined with the elements and customs of the aboriginal diet, later influenced by the arrival of African slaves, forged the foundations of what we know today as our native cuisine.

The first non-Spanish settlers were North Americans, Cubans and Puerto Ricans that arrived in San Pedro de Macoris to carry out the development of the sugar business on the island. The culinary imprint of the laborers brought from Tortola and other British islands to work on the sugar cane fields was important, in addition to that of the Lebanese immigrants that were established in this city as of the end of the 19th century. Similarly, the Cuban newcomers were responsible for the development throughout the country of the artisanal industry related to sugar-based products and sweets.

Almost parallel with what took place in San Pedro de Macoris, the province of Samana received the influence of

several thousand freed American black slaves who settled there, also leaving an indelible culinary impression. And this is how this entire region forged its own gastronomic culture to the rhythm of the migrations that colonized it.

It is believed that the French presence in the country during said times had little impact on a culinary level, and much less the effects of the Haitian occupation that prevailed from 1822 to 1844. However, so many years of coexistence do not prevent some level of cultural syncretism; and certainly, it is a fact that in those times the documentation on culinary topics increased, as well as the concept of *ambigu* (a table that presents options of dishes to choose from and take to your table), including the outburst of canteens and cafeterias.

When the industrial age arrived, on the eve of the twentieth century, the stove and electric power appeared. This immediately produced important changes in the eating habits of the city. Techniques for preparing and preserving food were advancing, gradually overflowing into rural areas; while concomitantly, the North American penetration was imposing the consumption of preserves and canned goods.



The newspapers of the time documented the existence of Venezuelan restaurants, as well as the prevalence of Spanish cuisine and the debut of noodle and pasta factories due to the strong Italian presence in the Cibao area and in Santo Domingo. Likewise, the American presence as of its intervention during the period of 1916-1924, highlighting the creation of the Santo Domingo Country Club by a group of American businessmen, in addition to various restaurants and outdoor dining options. For the first time, the publication on newspapers and magazines of purely American recipes and cooking styles were available.

Biscuits, pastries and cold drinks were incorporated with the gas stove and the refrigerator. In addition, the offer of non-European foods appeared for the first time in traditional festivities.

During the thirty years of the Trujillo dictatorship, his personal ambition led him to venture into the food industry. First, he monopolized milk and its

derivatives, followed by the cooking oil industry, starting with lard and cottonseed oil, later replacing them with supreme peanut oil under the name of El Manicero.

The city of Santo Domingo, which had taken advantage of the dance of the millions that took place during the twenties, experienced the lifestyle of the metropolis with more people in the streets eating in colmados and tarantines. Little taverns and informal eateries gradually disappeared to make way for cafeterias. “Night club” type restaurants with dance music became commonplace as did the offer of food at any time of the day or night.

The types of restaurants that prevailed were Spanish or Italian, and by the 1950’s Chinese establishments exploded with the offer of air conditioning, and whom are also known for their contribution of the Dominican crispy chicken crackling. Fast food, sandwiches and milkshakes were also common, leaving the traditional fruit juices in the “frio-frio” carts. At El Conde Street, an important





commercial area of the time, ice creams were launched with tough competition amongst the Italian and the American products.

In the 20th century, corn suffered a slow process of exile as it was replaced by rice, as a result of government food policies. Popular dishes prepared with tubers, jerky and salted meats, sancochos, stews and chambres, as well as the consumption of corn in its many variants (chenchen, buche perico, peeled corn, cracked corn, etc.) were being relegated to the countryside and far most places of the national geography.

On another note, the custom of making chicken soup underwent a transformation due to the emergence of chicken farms. And also, the appearance of sausages displaced the traditional longaniza braids.

With the fall of the dictatorial regime, a reordering process began, with its ups and downs, but clearly progressive, giving way to construction policies,



road expansion, job growth and tourism development. Throughout this process, the dish known as the “Dominican flag”, basically made with rice, beans and meat, prevailed with farm chicken as the fundamental protein (preferred for its low-cost).

The impressive tourism development experienced by the country came hand in hand with a significant increase in the emergence of restaurants, led



by owners and chefs of different nationalities. This, motivated by sound policies and practices, has made the Dominican Republic a regional leader in tourism and a gastronomic mecca in the Caribbean region.

But also, the quality of the Dominican exportable product, such as cocoa, bananas, rum, sugar, cassava, avocado, tobacco, coffee, among others, offers the world an ample and attractive variety that confirms the country's position as a regional reference. And, equally important is how the local product has been highly valued by the greatest chefs of the country who use them to make the kind of culinary magic that can transform the simple into complex and what's good into extraordinary.

Some important milestones that prove the aforementioned upward spiral that the country has been experiencing are the two Michelin stars achieved by

chef María Marte at the Allard Club in Madrid, the enactment of Dominican Cuisine and Gastronomy Law 20-18, promoted by Chef Tita (Ines Paez Nin), designation, on two occasions, of Santo Domingo as Capital of Caribbean Gastronomic Culture by the Ibero-American Academy of Gastronomy, and the creation of Masterchef Dominican Republic with chefs Saverio Stassi, Leandro Diaz and Chef Tita, as featured judges. We must also highlight the gold medal achieved by chef Ana Lebron in the IKA 2020 world competition in Germany, the Guinness World Record for the largest Mangu served in the world gained by Flavor Fusion Fest in 2021, the participation of the Dominican Republic as a guest country in the 1st. Binomic Ibero-American Gastronomic Congress held in Huelva, Spain, in 2021; as well as the coordination for 2022 of the 1st. Flavor Fusion Congress DR in Punta Cana.



# DOMINICAN REGIONAL GASTRONOMY

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**The richness of our regions' gastronomy  
is the fusional result of immigrational legacies  
that forged our cultural and culinary traditions  
as we know them today.**



Traveling throughout the territory of the Dominican Republic is engaging an experience of memorable flavors.

## **DELIGHT YOURSELF IN THE SOUTH**

### **Santo Domingo**

Santo Domingo is without a doubt the main culinary scene in the country, reason why it deserved the award as Capital of Gastronomic Culture of the Caribbean in 2016 and 2017 by the Ibero-American Academy of Gastronomy. Its best restaurants feature offers from different nationalities including native and signature cuisines.





To taste our local flavors, in the Santo Domingo Colonial Zone you can find several interesting options: **Meson de Bari**, with a tradition of offering indigenous cuisine in a cozy atmosphere, as well as **Casa Gastronómica (Gastronomic House)** from the famous MasterChef judge, chef Leandro Diaz. Similarly, you can try interesting options of restaurants like **Jalao** and **Buche Perico**. On the other hand, to experience signature cuisines with dishes that interpret some of our native flavors and play with fusion in tropical and elegant environments, visit **Maraca** and **Valiente**. Outside the Colonial Zone, seek **El Conuco**, **Adrian Tropical** and **El Higüero** for food served in a typical style; while signature Dominican cuisine, featuring selected local products and flavors, can be appreciated at **Ajualá**, by renowned chef and *MasterChef judge Saverio Strassi*; **Okra**, with Caribbean fusion by chef Javier Cabrera, and **El Patio de Martin Omar** with the famous culinary interpretations of its chef-owner.

There is a wide range of excellent restaurants in the city of Santo Domingo with quality products, preparations, atmosphere and service.

In the scene of eclectic or signature cuisines, we suggest visiting the internationally renowned restaurants **La Cassina**, **SBG**, **Pepperoni**, **O Livia**, **Central Gastronómica**, **Allegra**, **Laurel**, **Elizondo**, **Nipau** and **Leek**, just to name a few. Featuring Spanish cuisine, there are some relatively old players, like **Vizcaya**, with three generations offering the style of cooking from the North of Spain and where you can appreciate the influence of Dominican flavors; but there are also the emblematic **Boga Boga** and **El Gallego**, both presenting excellent proposals, as well as the outstanding and elegant **Don Pepe** Restaurant.

Italy also shares its excellent cuisine with **Il Bacareto**, **Il Capuccino** and **La Scarpetta** leading the stage; but also, magnificent proposals by Dominicans with Italian ancestry are **Bottega Frateli** and **Trattoria Angiolino**. On the other hand, the delicate cuisine of France can be appreciated at **Allez Bistrot**, headed by its chef-owner Steve Provost. For Japanese and Nikkei, check out the traditional and well regarded **Samurai**, the fun and cozy Shibuya Ichiban, and **Okazu**, “new in the neighborhood”, with a very good Nippon proposal.



Another new restaurant to visit in this category is **Wu Asian Cuisine**.

The authentic cuisine of Peru can be found in **Qero Gastrobar**. And if the appetite points towards a good “steakhouse”, we suggest visiting **Turo**, **Naca’n**, **Patagonia Grill**, **Asadero Los Argentinos** and **Outback Steakhouse**.

The richness of Santo Domingo allows us to find any type of product, food or crafts, and its popular markets offer this great variety. Standing out are the Mercado Modelo, Mercado Nuevo, markets at China Town, Villa Consuelo Market, Feria Ganadera Market, and **Merca Santo Domingo**; also the supermarkets **Nacional**, **Jumbo**, **Sirena Market**, **La Cadena** and **Bravo**. And one important stop is at **Cosas de Mi País** where you will find “from each town... the best”, as its slogan goes.

El Conde Street deserves a special mention due to its representativeness, where it is possible to find a wide range of handcrafts. In this popular pedestrian street, different migrations and talents converge, delighting national and foreign visitors with a variety of accessories and paintings,

as well as people showing their talents in the arts or offering a wide variety of dishes.

To speak of El Conde Street is to enter the emblematic and historic Colonial City, declared a World Heritage Site by UNESCO in 1990. Walking through its streets is like traveling through the living history of the first city in the New World. Enjoy the ancient architecture, as well as important gastronomic points such as the **KahKow Experience**, a museum and chocolate factory where you can appreciate the interesting harvesting and production process based on the famous Dominican cocoa. In addition, the Rum and Sugar Cane Museum, which includes an exhibition of photographs, pieces, labels, furniture and equipment from the beginnings of the rum industry in the country, as well as an old laboratory and gift shop.

Street food is important in a city where the pleasures of the night are fully experienced. When going out to eat, or after a party with friends, a bar or disco, it is customary for city youth to visit these places. One of the favorites is the popular “chimi”, and it could be found in places like **El**

### Palacio del Chimi and Chimi Claudio.

On the other hand, the food trucks of Santo Domingo have received special attention; among them, some of the most prominent are **Food Truck Village, Lincoln Food Truck Park y Garden Food Trucks**. Moreover, if you want to savor a delicious and crispy pork rind (chicharrón), visit **Cerdo Centro, La Esquina del Chicharrón, Chancho Gusto, Chicharrón Light** and **El Pedregal**.

## San Cristóbal

Known as the “Cradle of the Constitution”, San Cristóbal is the province where the first constitution of the Dominican Republic was signed in November 6, 1844, therefore being a destination of great historical value. In its popular gastronomy, the “pasteles en hoja”, the traditional roquetes (a crunchy sweet made with the starch of the guáyiga, a native tuber), the puff pastries, the “jalao” (coconut sweet and molasses) and the “pílón” (a red colored caramel popsicle) are the most representative. To taste the authentic flavor of San Cristóbal, typical places that stand out are **Chichita Pasteles en Hoja**, considered as the best in the region; **El Patio de Margarita**, to enjoy traditional food in a family atmosphere with attractions such as karaoke and happy hours; **Delidalia**, offering the best pizzas in the area, a variety of pastries and snacks; and **Mavitto’s Grill**, recognized for the exquisiteness of their barbecues and for the availability of adequate space for social or family events.

## San José de Ocoa

In this province of privileged climate, the friendliness of its people precedes it. It is considered ideal for adventure tourism and is famous for the delicious local goat dishes, green bean “sancocho”, ripe plantain canoes, Rancho Arriba leaf cheese (“queso de hoja”) and a wide variety of traditional sweets. The flavor of San José de Ocoa can be enjoyed at **La Cocina de Mabel**, a cozy space where they serve sweet and savory delicacies; also, at **Isabel Comidas de la Casa**, where the personalized attention of its owner has placed it among the favorites in the area with special desserts such as sweet imperial potato and preserved or dried fig. **Los Cerezos Restaurant** and **Mama Nilvia Restaurant** offer a variety of native meals including meats, stews and seafood. Sweets from **Dulceria Lolin** (Lolin sweets), as well as cookies and bread from the **Ocoa and Lavigne bakeries**. To enjoy excellent local cocktails and hors d’oeuvres, including its exquisite Samir coffee, visit **La Terraza de Gloria**.

## Peravia

The province of Peravia includes the municipalities of Matanzas, known for



its famous dunes and salt flats, Nizao, for its rivers and beaches, and Bani, which holds the title of “Mango Capital”. In the local gastronomy of this region, goat, fried fish and typical sweets such as tender coconut and fruits in syrup stand out. Its culinary offer is distributed in a distinguished selection of establishments such as **La Casona restaurant**, cataloged as iconic in Bani, offering buffet and a la carte services; the Primitivo Restaurant in Villa Sombrero, with cozy decoration, atmosphere, and specialties such as “chenchen” with stewed goat meat; **Las Dunas Restaurant**, with its dishes based on fish and shellfish, fried snapper, fish crackling, grouper with shrimp, steamed snapper, native conch and its unbeatable stewed beans; and the **Punta Arena Restaurant**, with a varied menu with dishes based on seafood and meats, including grilled octopus or lobster, fish of the day and stewed goat.

An obligatory stop when visiting Peravia is the **Plaza del Maiz**, in the Quijá Quieta community. There you will find all the variety of dishes prepared with corn, such as sweet or salty “arepas”, “majarete”, fried “arepita”, “chacá”, as well as boiled and roasted corn. Also

popular and delicious are the famous sweets from Bani which can be purchased at the establishments **Las Marias**, **Las 3 Rosas** and **El Húngaro**.

## Azua

Located on the same path of the sun, characterized by semi-desert and hot climate, Azua de Compostela offers an important production of coffee, tomatoes, bananas, as well as dishes typical of its weather conditions, where stewed goat, “chenchen”, “sancocho” and fried fish prevail. The flavors of Azua can be tasted at establishments such as **La Esquinita del Sabor**, with a cozy atmosphere and good service; **El Meson Suizo**, with its famous goat in coconut sauce, ripe plantain “mofongo”, shrimp “asopao” (a savory rice stew) or the steamed fish; the Maritza **La Reina del Sazón Restaurant**, ideal to visit with the family, offering a variety of local food options; Uno Coffee Break, with its exquisite breakfasts and different coffees; El Barco Restaurante, located in front of the Monte Río beach; and, in Palmar de Ocoa, the restaurants at the Hotel Ibiza and Ocoa Bay.



## Barahona

Known as “The Pearl of the South”, blessed by the beauty of its beaches, Barahona offers opportunities to practice surfing, kitesurfing, paragliding, ziplining or canopy. In this province, an essential part of its gastronomy are fish and shellfish, that are in the order of the day, as are typical drinks such as the “mabi de bejuco indio” (a fermented drink of indigenous origins) and sugar cane or “jagua” (a local fruit) juices. To enjoy the wide culinary offer of the region, the **Delicias Marinas Restaurant** stands out, where, as its name indicates, is ideal to enjoy delicacies of the sea; **D’Sairy Grill**, with a wide variety of cuts of meat and seafood options; **Brisas del Caribe Restaurant**, with a sea view location and recognized quality of service; and some “boutique” hotels with very good local and international cuisine, such as **Casa Bonita Tropical Lodge** and **Casa del Mar Lodge Barahona**. An important novelty in the area is the **Presidium Slow Food Balneario Los Patos**, which conglomerates the gastronomic offer of several restaurants, a project carried out under the concept of the international *slow food* movement.

## Pedernales

Coffee production, cattle raising and fishing are the main economic activities in the province of Pedernales, also known as an outstanding diving destination. Thanks to its geographical characteristics, it is the predominant source of lobsters in our country, so it is common to taste prepared in a wide variety of forms. These



marine delicacies, among others, are in the menus of restaurants such as **El Navío Bar and Seafood**, which also offers fried fish balls, seafood baskets, *mofongo* with conch, as well as octopus; **Perla Negra Dining Terrace**, noted for its service and adequate prices; **Villas del Mar**, with renowned quality of food and facilities; **King Crab** and **Jalicar**, where also service and attractive seafood and local food proposals are a staple, extended to the community of Cabo Rojo, where the **Bahía Doña Charo Restaurant** is also a good reference.

A unique concept in the country is **Eco del Mar**, one of the biggest recent attractions in this town, with its own cuisine from the area. There is also the **Rancho Típico Cueva de Las Águilas**, where they offer delicacies such as seafood paella, grilled lobster and seafood *mofongo*.

## Bahoruco

Ecological and adventure tourism are among the main attractions of this province, location of the Lago Enriquillo National Park and the emblematic Las Marías fountain spa. Among its municipalities, Neiba stands out, known for its important grape production. Typical of the region are dishes such as coconut chicken, goat casserole, Yon Yon *moro* (a mushroom native to the island cooked with rice), stewed beans, salty arepa and yucca “arepitas”.

To enjoy these and other delicacies, visit the **Mirasur Restaurant & Bar**, where they maintain the commitment to provide the best gastronomic experience in the area; and **Comedor D'Angela Delicias** cataloged by diners as a place to feel at home. In **La Parrillada del Chef** (Chef's BBQ) they offer a variety of fast food, in a family atmosphere with good prices. In **Eco Café**, it is possible to taste natural juices of all kinds of fruits, while fried tilapia are the specialty of **Mi Patio RD**, decorated like an authentic patio of typical Dominican homes. Other options are: **El Meson de la Abuela**, **Café con Pan** and **Dejavu Food Grill**.

## Independencia

Jimaní, La Descubierta and Duverge are the main towns that make up the border province of Independencia, which includes among its attractions, the Isla Cabritos National Park and Las Salinas beach. It is typical of the region, specifically from Duverge, the “gualimón”, prepared with corn flour



and coconut, wrapped in a banana leaf tied with a sack thread. Also, its border location guarantees a high level of trade in products such as rice, beans, green beans, bananas, oil and clothing.

The particular seasoning of this area can be tasted in establishments such as the **Ramada Restaurant**, where they include in their menu the traditional “mofongo”, “mofongo” with shrimp, as well as goat and their Enriquillo beef fillet; or you can indulge in quality native food at **D'Liam's Buffet** at very reasonable prices.

## San Juan

Known as “El Granero del Sur” (The barn of the South), for its valuable production of grains such as rice, corn and beans, it is also outstanding



in the livestock industry and in the manufacture of dairy products such as yogurt and cheese. It is likewise the place known for its “chenchen” with goat, the stewed green beans, the “chambre” (a stew made with legumes, meats, vegetables, rice and tubers), and also their cheeses, Pedro Corto cookies, the “habichuelas con dulce” (a dessert made with red beans) and the “chacá” (a cracked corn pudding), all contributing to the distinctive rich gastronomy of this region.

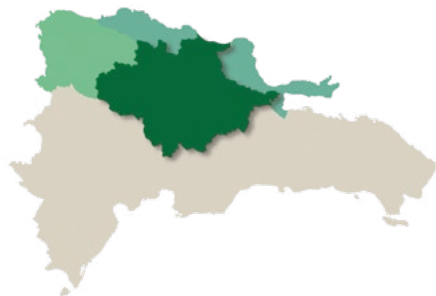
At **La Galería del Espía** you can enjoy their famous “chenchen” with goat, while in the **Comedor Bienvenida**, they serve a variety of meats such as pork and chicken, with an excellent quality of service. Chicken mofongo, eggplant parmesan, fresh chops and pasta with shrimp are delicacies from **La Cava del Parrillero**. International dishes are the treat that can be found at the **Rincón Mexicano**, **La Esquina Española** and **La Europea Bar y Tapas**; while at the **Rosaura Restaurant & Bar**, **Onaney Gourmet**, **Restaurant El Bohío**, **La Posada**, and the **Snack Bar Hotel Maguana**, offer a variety of native options.

## Elías Piña

Elías Piña is “The Land of Restorers” (relating to important battles that took place in this province during the process of independence from Haiti), and it is where protected areas such as the Cerro de San Francisco Natural Monument, the Las Caobas Natural Monument and the Nalga de Maco National Park are located. The geographical proximity of this province to Haiti has resulted in an interesting gastronomic fusion, highlighting the “chenchen”, the “chambre”, native cod fish stew with potatoes, “yun yun” mushrooms, boiled “rulo” (a type of plantain), guinea fowl stew, and herring “locrio” (a type of rice dish). Additionally, and thanks to the Lebanese heritage, the exquisite Arish cheese.

To enjoy the native food from the province of Elías Piña, visit **D’Eridania Trópico Restaurant** and **Rodríguez Restaurant**. For grilled meats, enjoy at **Moments & Arbys**.

## REDISCOVER CIBAO



Cataloged as the most prosperous region of the country, and known for the kindness, friendliness and hospitality of its people. In addition to beautiful beaches, it offers great possibilities for the practice of ecological and adventure tourism. Let's see what happens in the different towns of this fertile and touristic region:

### Dajabón

Made up of towns such as Loma de Cabrera, Restauración and Partido, this province is privileged by the presence of the binational market between the Dominican Republic and Haiti, where it is possible to find any type of article. However, a particular highlight that distinguishes it is the flavor of its famous “chivo liniero” (a savory goat stew) that you can taste at **La Casita Gourmet 044**, highlighted by its excellent service. **Café Beller** and **Café de la Finca** are also very good options to visit.

### Duarte

Recognized as the World Capital of Organic Cocoa, this outstanding province pays tribute with its name to the patrician Juan Pablo Duarte. San Francisco de Macorís, Arenoso, Pimentel, Villa Riva are the corresponding provincial towns and among the main attractions of the region are the Loma Quita Espuela Scientific Reserve, the historic Cathedral of Santa Ana and the emblematic Julian Javier Stadium. In addition to the recognized cocoa produced in the area, rice, milk, pineapple, freshwater fish, “aguagi” (carp broth or consommé), and pigeon peas are traditional.

However, one of its main references is the **Tu Quipe** establishment, which offers a wide variety of snacks, its specialty being the “quipe” (a Dominicanized version of the Lebanese kibbeh). Delicacies such as paellas, assorted tapas, pizzas, black salmon burgers, and a selection of artisan desserts are part of the menu at **El Patio Taquería RD**. Another ideal option for native food is the **Dorado Restaurant**.

### Espaillat

Moca is the principal town of the Espaillat province, known as “The Province of Fertile Land and Illustrious Descendants”. Its name honors the memory of former President Ulises Francisco Espaillat. Thanks to the geographical characteristics that distinguish it, mountain related activities, ecological walks, horseback riding and kayak excursions are commonly practiced in the region.



The particular culinary offer of this area includes cassava buns, “buche perico” (a corn stew with meat and vegetables), yucca “pastel en hoja” (a savory yucca and beef, chicken or other meat pudding wrapped and cooked in a plantain leaf), , roasted sweet potato, artisanal ice cream, and “mocana” lard crackers and ginger cookies. But, without a doubt, its maximum representation is the internationally renowned “mofongo mocano” that you can enjoy in establishments such as **Mofongo Mi Terraza, De la Finca Restaurant, Las 4F Restaurant, La Paila, El Kiosko del Mofongo or Fratelo’s**. If you prefer a gastronomic experience with a view of the mountain range, visit **El Molino de La Cumbre, Rancho La Cumbre** and **Caffeto Restaurant**. And to taste international food, **Tahini by Chef Javier** or **Bujar Restaurant and Bakery**.

## La Vega

Known for the color and joy of its carnival, the “cultured and olympic” city of La Vega is a representation of fertile and prosperous lands, where most of the vegetables consumed by Dominicans

are grown. The rich gastronomy of the area includes salty arepa, mountain “sancocho”, “puerco en puya” (pork roasted on a stick), Santo Cerro “roquetes”, rabbit sausages, “mabi” from La Vega, “morir soñando” (a typical drink made with milk and orange juice named “to die dreaming”), and sweets made with eggplant, “tayota” (squash), onion or wild fruits.

Thanks to the great productivity of the region, La Vega has a widely developed gastronomy. You will find exquisite experiences and great atmosphere at **Oh La La Coffee & Bistro Bar, Lite Lounge Restaurant, Shia, El Zaguán** and **Sakila**. Other options to taste international food are **Etsuko Sushi, Galletto Risto, Dante Trattoria** and **Mia Bocca**.

Its outstanding towns, such as Jarabacoa, are not far behind. They offer wonderful culinary experiences while enjoying the view of its charming landscape in restaurants such as **Altavista Restaurant, Jamaca de Dios** and **Vistas del Campo**. Establishments with international cuisine include **Parada Peruana Jarabacoa, Ribera Country Club, Barak Restaurant Grill Sushi Bar** and **Moshe’s Cart**. For meats and typical

dishes, the **Parador Corazón de Jesús**, **Plaza Alterra Restaurant**, and **El Punto Steak House**; and for native cuisine, **Café Colao**, **Montaña Restaurant** and **La Tinaja**. An essential stop is at the **Roxanna Marché and Delé**, by renowned chef Roxanna Fondeur, offering select products and Lebanese specialties.

Known as “El Valle Encantado” or “the Caribbean Switzerland”, Constanza reigns due to its impressive panorama and the delicacies that they prepare at **Altocerro Restaurant**, **Aguas Blancas Restaurant**, **Moncarlo Restaurant**, **Lorenzo’s Restaurant**, as well as other traditional family establishments such as **Antojitos by Lauren**, with its popular vegetable pizzas, and **Comedor Luisa**. Very popular is **La Esquina Gastrobar** with its Ferringier beer, and the most recent offers such as **Sabor Constancero**, **Odis Grill**, **Ribs Zone** and **Sabores de Montaña**.

## **María Trinidad Sánchez**

Named after the patriot who made the first Dominican flag, “with charm as wide as its sea”, is another poetic way to highlight this province conformed by the municipalities of Nagua, El Factor, Río San Juan and Cabrera. Typical of the region are rice and fish with coconut, fish meatballs, seafood soup, roast pork, “queso de hoja” (a typical cheese, similar to mozzarella, with leaf-like layers), shrimp creole and “machaque de cangrejo” (a tasty crab meat dish). To taste these flavors, visit **El Fogón de Félix**, known for its excellent food and prices; **La Finquita Restaurant**, offering



typical Dominican food, especially tripe, seafood, meats, soups, pastas and sandwiches. In addition, fish and seafood are available in the menus of the **Chef Junior Natura** restaurant and at the **El Anafe Restaurant Bar**, both with ocean views. **Entre Amigos Restaurant**, in Cabrera, is the meeting point for those who enjoy Italian cuisine.

## **Monseñor Nouel**

Bonao, Piedra Blanca and Maimon are the main towns in this province and receives its name in honor of former president Adolfo Alejandro Nouel y Bobadilla. The extraordinary fusion of flavors that mix the traditional and the modern is typical of the region. One protagonist is the wild boar, which is the star of more than a dozen dishes; but also guinea fowl, freshwater fish, rabbit sausage, cheese, fried meat, and “puerco en puya” (traditional grilled pork).



Irresistible are the varied selection of desserts prepared with milk, or in syrup, or in dehydrated versions, among others.

Due to its geographical location, during the journey north or south along the Duarte Highway, necessary stops are the emblematic and traditional **Típico Bonao**, the **Jarro Pichao**, **Don Juan Restaurant**, **Plaza Jacaranda**, **Miguelina Bakery and Pastry Shop** and **Kiko Restaurant**.

In the town of Bonao, native food can be found at **Restaurante Plaza Merengue**, **La Karreta Bar & Restaurant**, **Lechonera El Buen Sazón** and **Rancho Don Soto**; fish and seafood at **El Anzuelo Ecotourism Project**, and exotic wild boar at **Rancho Guacamayos**; while options of dishes prepared with cassava are offered at the **Mountain View Café at Casabito**, with an impressive view of the mountains. You will find interesting fast food

proposals in **Food Park Square** and **Bonao Food Park**.

## Montecristi

The impressive natural beauty that surrounds El Morro and “El Zapato” is the most direct reference of this province that attracts tourists, artists, filmmakers, families and couples to take extraordinary photographic shots. To taste the flavors of Montecristi, visit **Mongastor Restaurant**, where the goat is king in more than a dozen different recipe versions; at the **Fogón Grill**, **Lilo Café and Restaurant**, **Coco Mar Restaurant**, **Tropical Sun**, and the restaurants of the **El Cayito** and **Marbella hotels**, their menus include varied dishes of local food, including seafood and grilled meats. At **Lino Pizza**, enjoy their artisan pizzas with local and imported ingredients.



## Puerto Plata

“La Novia del Atlántico” (The Bride of the Atlantic) as it is known, is cataloged as the place where tourism began in the Dominican Republic. Its privileged characteristics include the sea, mountains, valleys, rivers and beaches; and its cuisine is based on seafood, cheeses, fried chicken, sweets, chocolate, rum, mamajuana and sausages. The typical cuisine is not very different from that of other regions of the country, and you can taste it in places like El Pilón, Meka and La Cocina de Alexis; others with eclectic cuisine are **El Bergantín Caribbean Grill** and **Casa 40**. Some traditional restaurants with international cuisine proposals are Lucia (Hotel Casa Colonial), Table One Costambar, Los Tres Cocos, **Las Palmas Italian Restaurant**, **Le Papillion**, **Mares Restaurant & Lounge**, **Ristorante Passatore**, **Tee Off Restaurant** and **Cigar Lounge**, **Mosha’s Reggae Lounge**, **Taste of India**, **La Catalina**, **Kaffe** and **Restaurante**

**Pizzeria Stefi & Natale**. In addition, you will find other excellent offers of restaurants and bars in the Playa Dorada hotel complex. On the other hand, some suggested sweet shops in Puerto Plata are **Dulces Doña Agustina**, **Dulces Doña Fella** and **Del Oro Chocolate Factory**. **Doña Julia’s** cookies, beach grape ice cream and “melao” balls, as well as the Austrian pastries from **Mariposa Ice Cream Shop**, are part of that obligatory appointment when visiting the city of San Felipe de Puerto Plata.

At **Cabarete**, one of the most popular towns of Sosua due to the water and adventure sports, the culinary offer of the region includes fried fish, squash cream/soup, “sancochos”, meat and seafood casseroles. Some of the highlighted restaurants are **The Honey Company**, **La Cantina Restaurant**, **Swai Restaurant**, **Restaurant Le Bistro**, **La Cabana**, **Cabarete Néctar**, **Serenade** and **Bonsai Restaurant**.



## Hermanas Mirabal

Hermanas Mirabal (Mirabal sisters), is the official name of the province that saw the birth of the brave Patria, Minerva and María Teresa Mirabal, for whom the commemoration of the “International Day for the Elimination of Violence Against Women” arose. It is precisely among the main attractions of Salcedo where it is possible to learn about the history of “Las Mariposas” (The Butterflies, as the heroic sisters were known), visiting emblematic places such as the Casa Museo (House Museum), Casa Paterna (Paternal Home) and the Mirabal Sisters Monument.

The gastronomy of the region is distinguished by its “chilindrón” pork, fried meats and vegetable casserole; also sweets made in syrup or with cow’s milk. Establishments where you can taste these flavors are the **Aroma Café** and the **Loma Azul Restaurant**. Other culinary

options are available at the **Hacienda Mi Campo restaurant**, with a cozy family atmosphere, and at **Byblos Tapas Bar** where you will find international as well as local dishes.

## Samaná

The Samana Peninsula is a true natural paradise. Among its innumerable attractions, standing out are the extraordinary and incredible visit of hundreds of whales between the months of November and April of each year. There are also ecotourism adventures such as bodyboarding and kitesurfing in the town of Las Terrenas. As it would be expected, seafood is an essential part of its gastronomy; but artisan sweets typical of the region are a special attraction with options such as sweet potato bread, “conconete” (a rustic coconut cookie), “jalao” (grated coconut and honey) and coconut

dessert, in addition to ginger liqueur and the typical “mamajuana”.

To savor the culinary options of the area, we suggest the **Tierra & Mar Restaurant**, specialists in the fusion of Colombian food with seafood; while the beef carpaccio, pasta from the sea, pepper beef fillet and seafood cocktail, are part of the menu of the **Mediterranean Tavern**. Interesting options are **Casa Azul Restaurant**, **El Dieciocho**, **Le BDM**, **Dulce Playa**, **El Cabito** and **La Vela Blanca Restaurant**. **Sublime Samaná**, **Atlantis Restaurant** and **Hacienda Samaná Bay** offer a complete experience with accommodation included.

## Santiago

Located in the center of the Cibao Valley, some of its principal towns are: Janico, Tamboril and San José de las Matas, the latter also known as SAJOMA. Its varied culinary offer includes “puerco en puya” (typical roasted pork), “yaroa” (typical street food with ripe plantain or French fries, shredded or ground meat, cheese, mayonnaise and ketchup), “panecicos” (indigenous cassava bread with pig skin), cassava, meat, goat, “chambre” (a type of soup with vegetables, rice, meat and tubers), “quipes” from **Bader** (an emblematic establishment of Lebanese origin) and “guanimos” (pastries based on cornmeal, filled or not with different meats or fish and wrapped in a shell of corn). Also popular are the seven-meat “sanchocho”, the “Dominican flag” (rice, beans and meat), the moros (cooked

rice with legumes), the “mangú” (mashed green plantains), and the “chulitos” (cassava balls stuffed with meat or another ingredient).

To enjoy the delicious seasonings of Santiago, visit the **Camp David Ranch**, famous for offering the best visual panorama of the Cibao region and **El Tablón Latino** with a variety of grilled meats and typical dishes in front of the emblematic Monument of Santiago. Local native food can be found at **Kukaramacara**, while you may indulge in international dishes at **Trattoria de Claudio**, **Il Pasticcio**, the emblematic **Pez Dorado**, **Noah**, **La Taberna de Pepe** and **La Garnacha Restaurant**. In San José de las Matas, at the **Mirador D'Arte Restaurant**, you will find a family space with an impressive view, which includes a barbecue and an exclusive cellar.

## Sánchez Ramírez

Cotuí, Fantino, Cevicos and Villa La Mata, are the principal municipalities in the province of Sánchez Ramírez, “Land of Blessed Soil”, which houses wonders such as the Hatillo Dam and the Yuna River bath. In the culinary offer of the region, typical options are “seso vegetal” (ackee fruit) with white rice, the seven-meat “sanchocho”, roasted chicken, local stewed guinea fowl, fried or roasted freshwater fish, corn-based desserts such as “majarete” (soft corn pudding) and sweet “arepas” (cake-like pudding); and you will also find the “arepas” in a salty version.



Typical dishes are available in establishments such as Restaurant **La Presa**, **Vista del Lago** by **Lilium** and **Paraíso del Lago**, renowned for their views of the Hatillo Dam. You can savor the shrimp “mofongo” (a green plantain based dish), coconut trout, grilled grouper fillet, shrimp skewer or seafood salad on the menu at **El Muro Restaurant**.

## Santiago Rodríguez

Known as “The Cradle of Restoration”, the province of Santiago Rodríguez, including its main towns of San Ignacio de Sabaneta, Monción and Villa los Almácigos, contains protected areas such as the important José Armando Bermúdez National Park where Pico Duarte is located, the highest mountain in the Caribbean with an altitude of 3,098 m.

Also known as the national capital of cassava, its typical dishes include guinea fowl stew, “sambumbio” (similar to the “chambre” described under the municipality of San Juan), pork “locrio” with cashew seeds (the “locrio” is a local version of the Spanish “paella”), “bolos” (corn-based), “panecicos” (cassava bread with pork skin), roasted cashew seeds, roasted native chicken, pigeon peas or beans “moro” (rice cooked with legumes), various meats “sancocho” and the famous spicy with oregano “chivo liniero” (goat stew typical of this part of the Country).

The traditional local flavors of this region can be found at **El Patio**, **Comedor Mayra**, **Asadero La Hacienda** and **Hacienda Turística La Palapa**, where they also offer a memorable experience in contact with nature.

## Valverde

Thanks to its red skies at dusk, Valverde is known as the “Land of Beautiful Sunsets”. The Amado Franco Bidó Park, the baths of Brisas del Río Mao, Boquerón and Charco de la Garza are its principal tourist attractions.

With an economy based fundamentally on agriculture, being organic bananas and rice its main products. As a favorite dish, the goat stands out, stewed, fried or roasted. In addition, the cow’s foot soup, roasted guinea fowl and the guava dessert.

To savor these local delicacies visit **Al Cesar Restaurant** and **Don Juan Restaurant**. For Spanish food, a variety of salads and desserts, at the **Picardie Pastelería Café (Bakery)**; while you can taste fish, seafood and meat dishes at **El Mesón Restaurant**.

## ESCAPE TO THE EAST



Crystal clear waters, white sands, majestic skies, innumerable tourist complexes, culture, stories, and exotic

culinary fusions, are part of the attributes of the Eastern zone that make it the most coveted paradisiacal destination in the Caribbean.

## Monte Plata

Bayaguana, Sabana Grande de Boyá, Yamasá and Peralvillo shape “The Emerald Land”, as it is known. Sugar cane, cocoa, and citrus produce, as well as cattle breeding, are distinctive of the province. In addition, it has the Salto de Socoa and the Salto Alto de Bayaguana (both water falls) that add to the charm of the tourist experience.

In the gastronomy of the area, the “sancocho”, the “locrios”, the roast pig with an ancient technique called the bucán (whose origin dates back to the settlement of buccaneers in that region in the 17th century), served with yucca or green plantains, fresh pea “moro” (rice cooked with legumes) and salad. Local flavors are available at the **Patio Esmeralda Restaurant**, cataloged as the best in the region, with a striking location right in the middle of nature, **El Pez de Bayaguana**, and also, the **Serapius Green Hotel and Restaurant**. Similarly, at the **Parador El Tamarindo** you can stop if you feel like resting during your trip along the East Highway to try the typical cuisine of the area.

## San Pedro de Macorís

Known as the “Sultana del Este”, it is the home of the Guloyas (carnival figures



that descend from immigrants from the English islands of the Caribbean who came to the country to work in the sugar mills during the 19th century) declared by UNESCO in 2005 as Cultural Heritage of Humanity. In addition, it is the cradle of “cocolo” gastronomy, with English and African roots, making it a benchmark of culinary attractions, which includes dumplings (boiled wheat flour buns) served with local salami, or cod, or stewed chicken, or sardines or some sauce; the “calalú” soup, fungi, “yaniqueques” and the famous fish with coconut; also its renowned “guavaberry” liqueur and, standing out on the sweet side, the “conconete” (a rustic coconut cookie) and the baked coconut dessert.

To taste the local flavors, visit the **Remo Alta Cocina Restaurant**, specialists in seafood and meat; local and international food at **Casilla’s Restaurant & Pizzeria** and at **Paco Taco**. Also, surprise your palate with the best “pasteles en hoja” in the area at Amable Pasteles en Hoja.

## La Romana

Baptized as “The Flower of the East”, it is one of the smallest provinces in the country; but this has not prevented it from becoming one of the most important. The valuable tourist offer, the production of world-class sugar and cigars, livestock, fishing and its free zone, are an essential part of the value that this region represents, added to its great tourist attractions of international reference such as Altos de Chavón, Casa de Campo and Catalina Island. In the local flavors of the region, “locrio”, “moro”, stewed meats, dumplings and corn flour buns prevail, as well as a wide variety of cakes and biscuits.

Get to know the various offers available in La Romana that vary from the internationally prestigious **SBG Casa de Campo**, where it is common to find among its guests music, film and television stars from all over the world, to the traditional **Shish Kabab**, an Arab/Dominican restaurant with more than 52 years offering quality products and

good service. Dishes typical of Dominican cuisine and from various countries can be found in a wide range of options; among them: **Punto Italia**, **Onno's Altos de Chavón**, **La Piazzeta**, **La Cocina de Fabrizio**, **Café Marietta**, **L'Osteria**, **Restaurant La Grasa**, **Pepperoni Marina**, **Nola Bar & Grill**, **La Cantina Altos de Chavón**, **Voala Café Marche** by Gabriella Reginato, **Típico Bonao**, **Dido's Food & Wine**, **Limoncello**, **Minitas Beach**, **Causa Peruvian Restaurant**, **Captain Kidd Yacht Club & Marina**, **Divino La Romana**, and **La Casita**.

## El Seibo

Santa Cruz and Miches, represent the “Patriot and Brave”, as the province is known. Its lands are home to the important natural scientific reserve of the Redonda and Limón lagoons, a wildlife refuge. Capital of the “mabi seibano” (a sweet and carbonated drink inherited from the aborigines of the island), is a reference of El Seibo that also integrates in its culinary offer meat stews of both poultry and beef, corn “arepitas”, “yaroas”, “catibias”, its famous “pan de nata” (bread made with the cream that surfaces when boiling milk), sweet fried milk, the popular “**dulce de Tula**” and **Doña Lala's** rice bites with pineapple.

Enjoy the culinary benefits of the area in establishments such as the **Harolt Super Deli**, with a family atmosphere since 1993; variety of “mofongos” prepared with various ingredients at **Mofongo Express**, and other delicacies at **Sabor Café** and **La Roca Restaurant**.

In the town of Miches, enjoy the best coconut-flavored food at **Al Coco**



**Restaurant** by Miches and at the **Coco Loco Beach Club Restaurant**; additionally you will find the offer of **El Muelle Restaurant**, **El Encanto de Miches Restaurant**, and **El Asadero de Jacqueline Restaurant**.

## Hato Mayor

This province is referred to as the Cattle of the East and the Citrus Capital, but it also offers the remarkable attractions of Los Haitises National Park, Paraiso Caño Hondo and the Fun-Fun Caves. The richness of its prodigious nature allows for the integration in its gastronomy of outstanding dishes where coconut prevails, including a variety of fish and seafood, and “mabi” as the main refreshing drink.

Delight yourself visiting **El Campito de Mois** with a specialty in Dominican

food; also the **Centenario Hotel and Restaurant, The Train Station Restaurant, Simple Restaurant, El Rinconcito del Sabor, and Donde Richy.** For lovers of vegetarian food at **Liz Light** you will find delicious options, and for those who prefer beef, visit **La Brasa Grill.**

## La Altagracia

“The land of the Sun”, as it is known, with its name honors the historic Basilica of Our Lady of Altagracia, the emblematic temple located in Salvaleón de Higüey. However, its greatest privilege is being home of the most important tourist region in the country and in the Caribbean: Punta Cana. This privilege is also shared by Bávaro, Bayahibe, Isla Saona and the the East National Park. Evidently, fish and seafood are part of the culinary strength of the area, which is complemented with dishes such as goat with rum, creole gen, “moro”, “catibias” and yucca pot pie. And the tempting desserts such as “cocadas” (coconut cookies), coconut sticks, “chicharrón de leche” (fried sweet milk), “majarete” and a variety of desserts made with coconut, sweet potato or papaya.

Here are some proposals for renowned establishments in each town in the province of La Altagracia:

<b>Higüey:</b> L’Monani Restaurant, El Patio de Minerva , Tryo Food Shop, Montes Quick Shop, El Patio de Pepe.
<b>Bocade Yuma:</b> Don Bienve,El Arponero Restaurant A & M, Restaurant La Bahía, El Arrecife Restaurant, Josefina Restaurant.

<b>Bayahibe:</b> Típico Bayahibe Bar & Restaurant, Perlita Morena Restaurant, Restaurante Típico La Bahía, Ristorante La Sceffa – Cucina Toscana, Playa Barco Bar, Saona Café & Restaurant, La Cueva Ristorante, Restaurante Mare Nuestro, Tracadero Restaurant, Gringos and American Grill, Onno’s Bayahibe, Betty Blue Restaurant, El Dorado Restaurant, L’Ombelico del Mundo, La Bahía Beach Restaurant.
<b>Isla Saona:</b> Restaurant Isla Saona, Goody Restaurant, Carcolvic Hotel & Restaurant.
<b>Punta Cana:</b> SBG Punta Cana, Jellyfish Restaurant, Citrus Restaurant, La Cocinade Yeya, La Cava Kitchen and Bar, Kukua Restaurant Beach Club, Noah, Burlao Grill Punta Cana, Restaurante Montserrat Manor, Hernan 311 Bar & Restaurant, La Yola Restaurant, Toc Beach Bar & Restaurant, Wacamole, Pastrata Mexican Restaurant, Ceviche 301, AmaLuna Vegan Restaurant & Lab, Restaurante Capitán Cook, Kusko Restaurant, Vento Punta Cana Restaurant, Restaurant El Pescador, Pranama Restaurant, Huracán Café, Bohemian Tapas and Wine Bar, Lolita Urban Food, La Taberna de Pepe Punta Cana, Pearl Beach Club, Sumptuori Restaurant, La Palapa by Eden Roc, Brassa Grill & Bar, Hecho a Mano Punta Cana, Bamboo, Dinner in the Sky Punta Cana, Mamá Luisa Restaurant, Restaurante Nakamura Cap Cana, La Sibila Restaurante Punta Cana, Chic Cabaret & Restaurant Punta Cana, Spiaggia Beach Club, Punta Cana Cook Out, Castaways Restaurant, Living Room Bar Restaurant, Zerai Restaurant, Comadrita Restaurant, The Lobster House Restaurant, Mizu Restaurant.



## RESTAURANT TRENDS IN THE DOMINICAN REPUBLIC

The restaurant sector in the Dominican Republic has had an exponential growth during the last decade. The diversity of its new culinary alternatives pleases lovers of good food and connoisseurs of world cuisine, where the aesthetic creativity of its spaces and the fusion of different local and international flavors come together.

There are several trends in Dominican gastronomy, one of them is to spotlight the use of native ingredients, highlighting the flavors of the island. Currently, there is a wide variety of restaurants available in which their menu offers a local theme with several dishes inspired by local native products.

Another inclination is the presentation of alliances with international chefs who are invited to collaborate with the gastronomic offer of a restaurant that serves as host or the so-called “pop ups”. In both modalities, the chefs take great care in preparing a special menu that will only be offered for a limited period of time and where they are an essential part of the scene and the theme of the menu.

Additionally, many Dominican restaurants present on specific days, within their establishments, live musical background and/or thematic activities that include cocktails and diverse

mixology, where the offer of beverages as a complementary option plays an important role.

In the city of Santo Domingo, every year, the Dominican Association of Restaurants (ADERES), joins the Association of Hotels and Tourism of the Dominican Republic (ASONAHORES), to give rise to the celebration of the “Gastronomic SDQ” and the “Restaurant Week”, an event that allows the union of more than 80 establishments, which offer a special menu for a week, at a single price for all diners and which seeks to highlight the inclusion of ingredients and brands of local products. The celebration of this event seeks to position the country as a gastronomic destination with the most cosmopolitan gastronomic cities in Latin America.

To find more information about the restaurants that are members of the Dominican Association of restaurants (ADERES), please visit [www.aderes.com.do](http://www.aderes.com.do)





# CULINARY DIVERSITY FROM “FAST FOOD” TO “SLOW FOOD”

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**Dominican people are open minded, hospitable and show through our cooking the different culinary trends and multiethnic currents that we have acquired over time.**



Fast food and slow food are culinary manifestations that were simultaneously adopted and adapted to our culture, forming part of a wide range of possibilities in the national gastronomic offer.

## **FAST FOOD IN THE DOMINICAN REPUBLIC**

The popular style of preparing and serving food for fast consumption in specialized places surged as a response to the hectic lifestyle of large cities where there is no time available to go home to eat. In the Dominican Republic, this type of proposal became popular in the 1970s as a result of the expansion of several North American chains that engaged in this business through the franchise model; however, the desired expansion was not feasible due to the limited economic development that existed at that time.

It is also in said period of time that street food emerged on the popular George Washington Avenue (where the famous Malecon of Santo Domingo is located), based on fusions inspired by typical Dominican and other international dishes; for example, the case of the Argentinian “choripán” that was adapted into what is now known as the “chimi”.

### EVOLUTION OF FAST FOOD IN THE DOMINICAN REPUBLIC

The fast food business has experienced significant growth in the country’s food and beverage sector, especially in large cities such as Santo Domingo and Santiago where they offer attractive proposals in quality and price. As of the 21st century, foreign chains and franchises have continued to arrive, becoming a sector with a significant impact on the economy, considering that more than 70% of the ingredients used are from local origin.

Another aspect to take into account in the last two decades is the proliferation of fast food carts or food trucks, or casual and itinerant restaurants specializing in various types





of food. These businesses are generally established as both independently or located within culinary parks, where you can find a wide variety of foods with attractive value for money options.

Fast Food establishments have become a Dominican tradition. They can be found in any corner of the country, as well as in shopping malls, food trucks and other spaces designed especially for them. Among the most appetizing options are: “empanadas”, fried chicken, “chimichurris”, “yaroas”, “catibias”, fried meats and “morcilla”, “longaniza”, “chicharrón” (pork skins), “aplatanao” sushi (the traditional Japanese dish adapted to a local-friendly version using native products), hamburgers, and tacos, among others.



**Currently the movement is present in 160 countries, with a million activists and more than 10,000 projects in operation through 687 Slow Food Communities and 1,227 Slow Food Convivium.**

### **THE SLOWFOOD MOVEMENT**

This popular movement emerged in Italy in the mid-1980s in the hands of Carlo Petrini, as a response to the arrival in Rome of fast food chains. “Slow food” are meals made using traditional methods, utensils and techniques, giving priority to local raw materials, as well as products that come from organic or ecological practices and preferring the seasonal produce.

The Slow Food Eco-gastronomic non-profit organization ([www.slowfood.com](http://www.slowfood.com)) was formed as a result of the birth of this movement, seeking the enjoyment of food based on the following premises:

**Good:** Tasty, fresh seasonal food that satisfies the senses and forms part of the local culture.

**Clean:** Production and consumption of food that does not harm the environment.

**Fair:** Affordable prices for consumers and fair remuneration for producers.

### **SLOWFOOD IN THE DOMINICAN REPUBLIC**

Locally, slow food began its activities in 2014 with the formation of the Convivium Chavón-Yuma, who periodically carry out a market with fresh produce, as well as organic and artisanal products from their own garden or from the region.

In 2016, Dr. Elena Nunziatini, director of the Barahona Tourism and Productive Cluster, participated in the “Madre Terra Salone del Gusto” Fair in Turin, Italy, where she became motivated to present the Slow Food concept the following year in the Discover Barahona Fair.



In 2020, the first two Slow Food Communities were formed: the Safeguard Community of Dominican Flavors by the Sabores Foundation and the “Costa del Sur” Tourist Corridor Community with the initial integration of the Barahona Tourism and Productive Cluster and the ecotourism clusters of San José de Ocoa and Constanza, the latter under the direction of chef Carlos Estévez as spokesperson.

## THE EVOLUTION OF SLOW FOOD IN THE DOMINICAN REPUBLIC

The Slow Food organization itself does not catalog dishes, but through the Ark of Taste project of the Slow Food Foundation for Biodiversity, it classifies those products and preparations that belong to the culture and traditions of a specific region and that are in danger of disappearance in order to rediscover these resources and value them. In the purest sense, the most representative Slow Food dishes are those that are directly linked to the flavors and preparation methods of the territory, but that little by little have been forgotten or displaced by others of foreign origin lacking roots in the local culture.



## SLOW FOOD FLAVORS AT QUISQUEYA

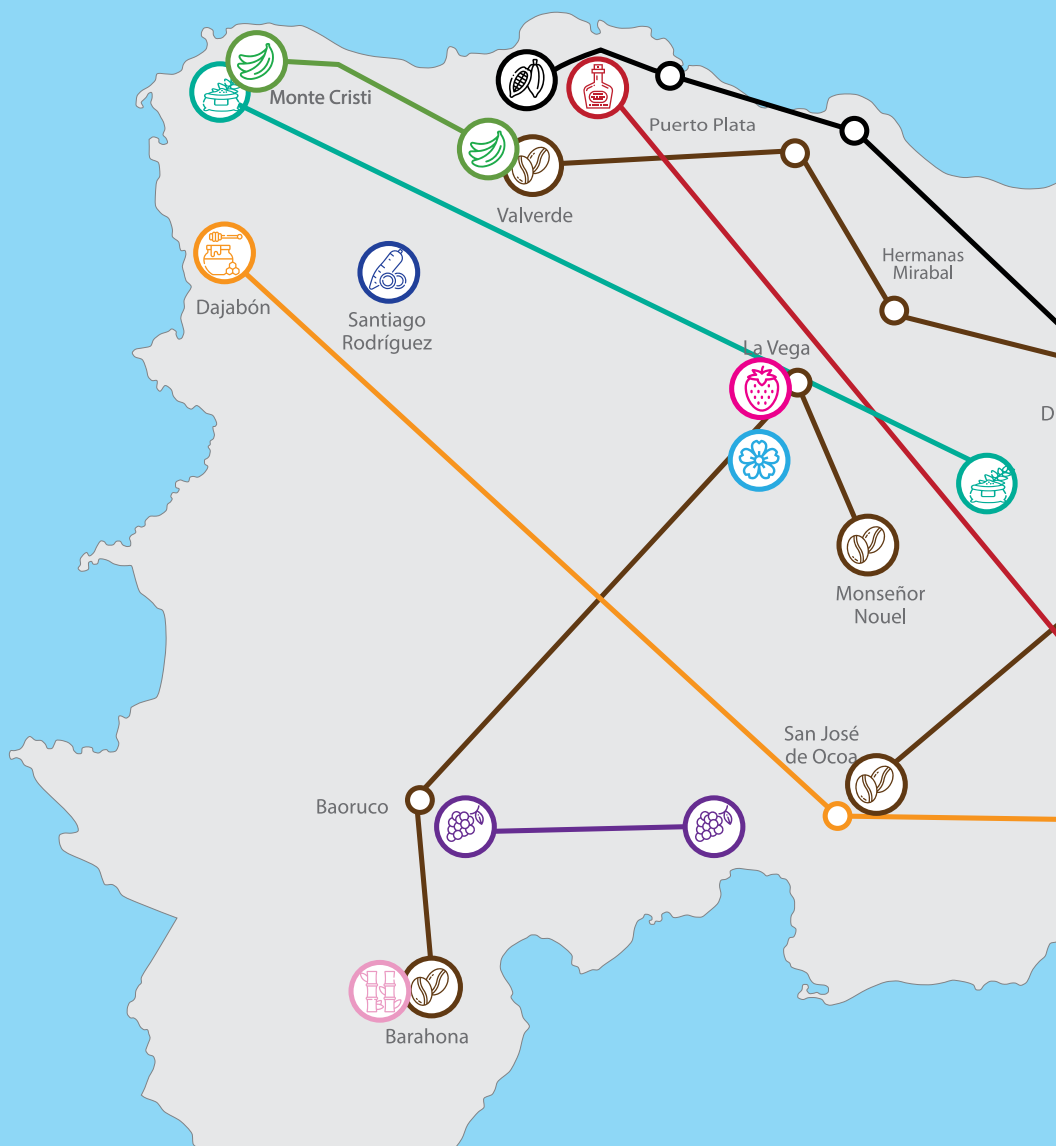
Multiple slow food experiences can be cited as examples in the country. Some recommended:

- Yautia bread, sweet potato bread, Jhonnycake and the coconut bread (conconete) in Samaná.
- The guayiga roquetes in San Cristóbal and La Vega.
- Gaviao (sweet bread) in Constanza.
- The panecico in San José de las Matas and Santo Domingo (Villa Mella).
- The gingerbeer (yinyabié) in Samaná y San Pedro de Macorís.
- The guavaberry in San Pedro de Macorís
- Sugar cane in San José de Ocoa.







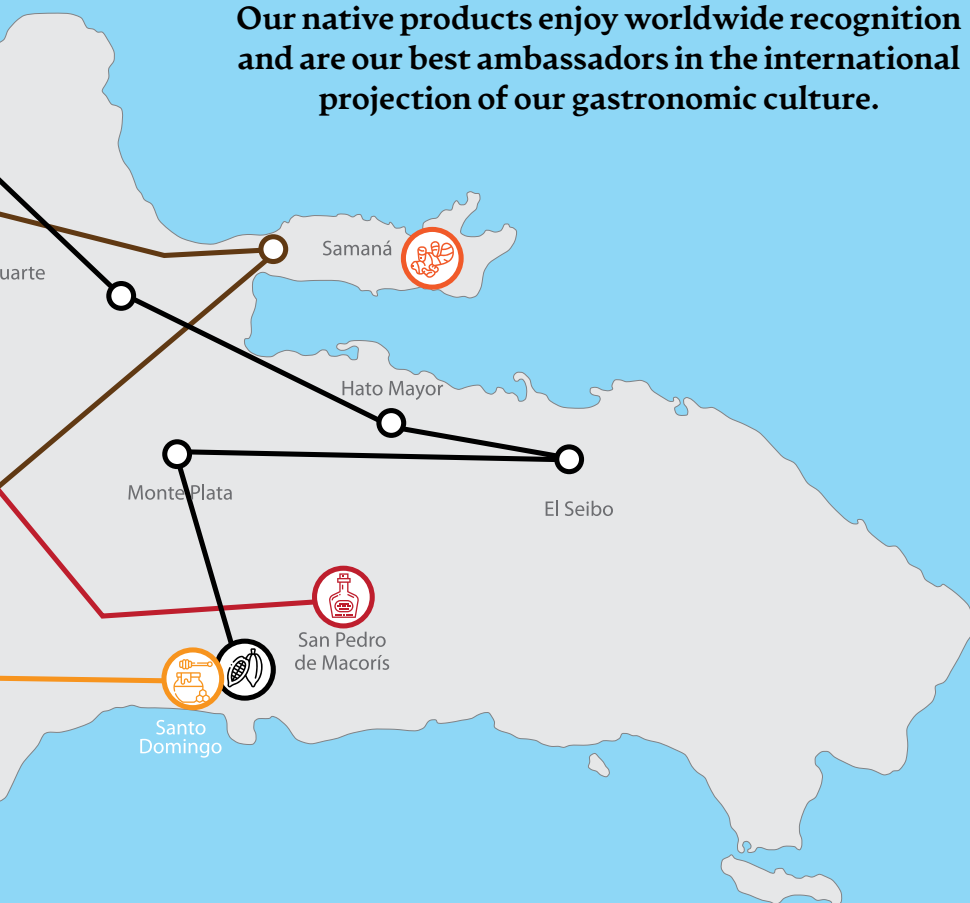


**Routes and experiences**

- |               |                    |                                 |                  |
|---------------|--------------------|---------------------------------|------------------|
| Coffee routes | Honey experience   | Cassava route                   | Rice routes      |
| Rum routes    | Ginger route       | Banana routes                   | Sugar cane route |
| Cocoa trails  | Strawberries route | Constanza agro-industrial route | Grape route      |

# ROUTES AND MEMORABLE EXPERIENCES

**Gastronomy is part of the Dominican cultural heritage and is, therefore, the essence of our people. Our native products enjoy worldwide recognition and are our best ambassadors in the international projection of our gastronomic culture.**



This is how the Dominican Republic has become a benchmark for memorable experiences due to its vast availability of products and culinary offer. In this sense, it has routes that provide the opportunity to learn about the entire

process from planting to the production of various elements such as: coffee, rum, cocoa, mango, cassava, honey, ginger, strawberries, organic bananas, plantain, rice, avocado, sugar and grapes.

# Coffee routes:



Delight yourself with the natural aroma and exquisite flavor of coffee, one of the most popular beverages in the world. In the Dominican Republic, it began to be commercialized from the year 1860. Discover its multiple cultivation and harvest processes on routes that you can take in places such as Barahona, La Vega, Bahoruco, Monseñor Nouel, Puerto Plata, Hermanas Mirabal, Valverde, San José de Ocoa and Samaná.

PROVINCE	OPTIONS	CONTACT INFO.
Barahona	Cooperativa Simona Esmeralda Feliz. Polo.	Clúster Turístico y de Producción de Barahona E-mail: clusterprovinciabarahona@yahoo.es
	Hacienda de Café "La Mami".	Finca La Mami Joelaguareles@gmail.com tel. 829-815-5940
	Sendero del Café TORAL. Finca Dulcicate. Sendero Cafeto Madre. Cachote. Sendero Café La Factoría. Polo.	Clúster Turístico y de Producción de Barahona E-mail: clusterprovinciabarahona@yahoo.es
Bahoruco	Coffee Tour Sierra de Neiba	Guías Ecoturísticos de Bahoruco Thelma Vargas tel. 829-936-3946 E-mail: guiasecoturisticosdebahoruco@gmail.com
La Vega	Coffee Route Monte Alto. Jarabacoa.	Clúster Ecoturístico de Jarabacoa E-mail: clusterjarabacoard@gmail.com tel. 829-993-2915
	Café Maguana	E-mail: info@agarcafe.com instagram.com/cafemaguana/
	El Café de Milagros	E-mail: elcafedemilagros@gmail.com IG: @elcafedemilagros/
Puerto Plata	Café 100% Dominicano	Rincones de mi país José Alney Uribe E-mail: jaum@rinconesdemipais.com
	Sendero de Coffee Company en Cabarete.	tel. 809-571-0919 IG: @cabaretecoffee
San José de Ocoa	Coffee Tour Café Samir Rancho Arriba.	Café Samir Samuel Samir tel. 809-346-3300 IG: @cafesamir

# Cocoa trails:



An anonymous quote: “God gave wings to angels and chocolate to humans”, hence cocoa is one of the most precious Dominican products. Cultivated in a traditional way, the Dominican cocoa has been one of the great sources of income for the country, which in 1940 was already an outstanding producer of this fruit, exporting quantities greater than 25,000 tons. The regions with the highest production are Puerto Plata, Santo Domingo, El Seibo, Duarte, Hato Mayor and Monte Plata; there you have available the most spectacular trails to learn about the cultivation and uses of the precious fruit.

PROVINCE	OPTIONS	CONTACT INFO.
Duarte	El Sendero del Cacao.	Cacao Tour tel. (809) 547-2166 E-mail: Info@cacaotour.com
El Seibo	Chocolate Tour Hato Mayor - El Seibo.	FUNDICAES Candy Herrera tel. 829-773-5013 E-mail: tourdechocolaterd@gmail.com IG: @tourdechocolateRD
Hato Mayor	Chocosol Cacao Experience	Chocosoldr tel. 829-773-5013 / 809-553-9992 E-mail: Chocosoloficial@gmail.com IG: @chocosoloficial
Monte Plata	Yamasá Chocolate Yamasá.	Yamasá Experiencia Hermanos Guillen E-mail: yamasachocolate@hotmail.com tel. 829 381 2448
Puerto Plata	Hacienda Cufa. Guananico.	Hacienda Cufa Sara Mercado tel. 809-756-4806 E-mail: haciendacufa@Hotmail.com
	Chocolate Mountain Río Grande.	Chocolate Mountain IG: Chocomtn
	Chocolala Altamira.	Chocolala tel. 809 863 8887 E-mail: chocolalamed@gmail.com
Punta Cana	Chocolate Experience DR.	Chocolate Experience DR tel. 829 292 2002 E-mail: info@chocolateycia.com
Santo Domingo	KahKow Experience Ciudad Colonial.	KahKow Experience tel. 809 547 2166 E-mail: info@cacaotour.com
	Cacao Experience La Cueva del Edén Santo Domingo Este	La Cueva del Edén tel. 809 697 0089 E-mail: info@lacuevadeleden.com
	Visitors Center Cortés Pedro Brand	Cortés Hermanos tel. 829-893-4381 E-mail: centrocortes@corteshermanos.com

# Honey experience



Although the production of honey from bees on the island dates back to the time of the discovery of the New World, its modernization did not begin until the 20th century. The sweet experience of knowing the apiaries of Dajabón, San José de Ocoa and Santo Domingo, for example, reveal to the visitor the art of waiting, the love for nature and the certified quality of the nectar produced by Dominican bees.



PROVINCE	OPTIONS	CONTACT INFO.
Dajabón	La Ruta de la Miel Dajabón	E-mail: <a href="mailto:rutadelamieldej@gmail.com">rutadelamieldej@gmail.com</a> IG: @rutadelamiel_dajabon
	Mother Bee RD	tel. 809 754 2771 IG: @motherbeerd E-mail: <a href="mailto:motherbeerd@gmail.com">motherbeerd@gmail.com</a>

## Ginger route:

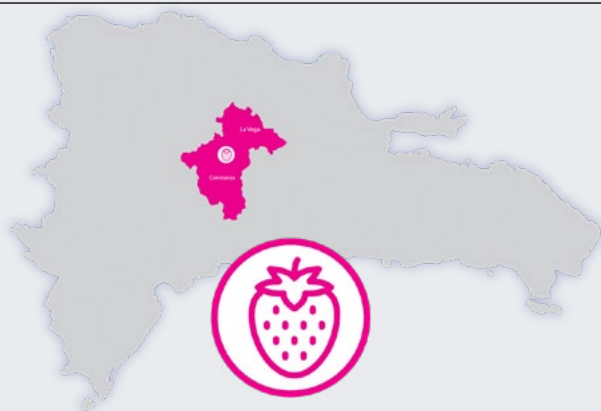


Samaná currently has the only existing ginger route in the country. From the hand of the community, it is possible to learn about the cultivation of this product with a didactic approach, including the characteristics and uses of this root with a spicy flavor and special aroma that has been produced in these soils since the mid-16th century. Highly recommended to combat various types of diseases, rich in minerals, antioxidants, amino acids and vitamins, beneficial for health and the proper functioning of the body.

PROVINCE	OPTIONS	CONTACT INFO.
Samaná	Asociación del Jengibre	Miguelin Mercedes tel: 809-765-5727 E-mail: coopaturg@gmail.com



## Strawberries route:



Strawberries were introduced from Europe to America, as part of the induction of products that came from the Old World to enrich the variety of local native crops. Currently, this fruit is cultivated mainly for its use in gastronomy, where it can be tasted fresh, in juices, jams, smoothies and even infusions. The largest production enclave in the Dominican Republic is in Constanza, where they are part of various agro-tourism experiences.

PROVINCE	OPTIONS	CONTACT INFO.
Constanza	The Strawberry Route Experience La Cotorra.	tel. 809 221 4660 ext. 2360 E-mail: <a href="mailto:info@descubrecibao.com">info@descubrecibao.com</a>
	The Strawberry Experience ARIYAMA	ARIYAMA IG: <a href="https://www.instagram.com/fresas_ariyama">@fresas_ariyama</a> <a href="http://www.fresasariyama.com">www.fresasariyama.com</a>



# Cassava route:

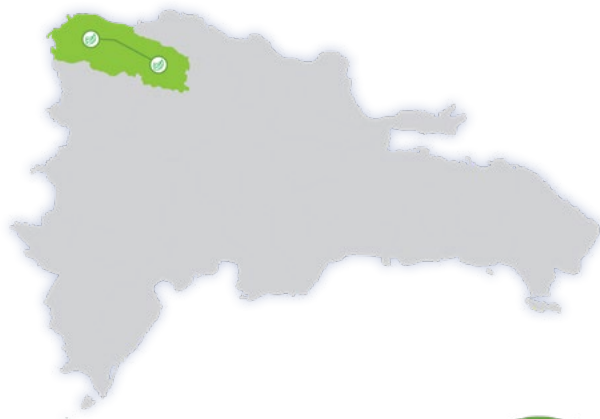


Taino heritage, cassava is one of the most outstanding indigenous foods in the country, made with cassava (yucca) or cassava flour that was baptized by the colonizers as “the bread of the Indians” in 1492. It is a hard and crunchy cake with a neutral flavor, which provides high levels of fiber and carbohydrates, vitamins, minerals and is gluten free. Monción is recognized as the Cassava Capital, where you can enjoy various community experiences linked to this ancestral delicacy.



PROVINCE	OPTIONS	CONTACT INFO.
Monción	The Cassava Route Monción	tel. 829-899-9042 E-mail: rutacasabe@gmail.com IG: @rutadelCasabe

## Banana routes:



The Dominican Republic is one of the largest producers of organic bananas worldwide, with the largest concentration of farms dedicated to export being in the Northwest Line, which are now integrated into the sustainable community tourism proposals of the Cibao region. There, in the banana farms, visitors learn about the process of cutting and packing for export, enjoy different dishes made from the fruit and have the opportunity to buy souvenirs made by hand with banana leaves.



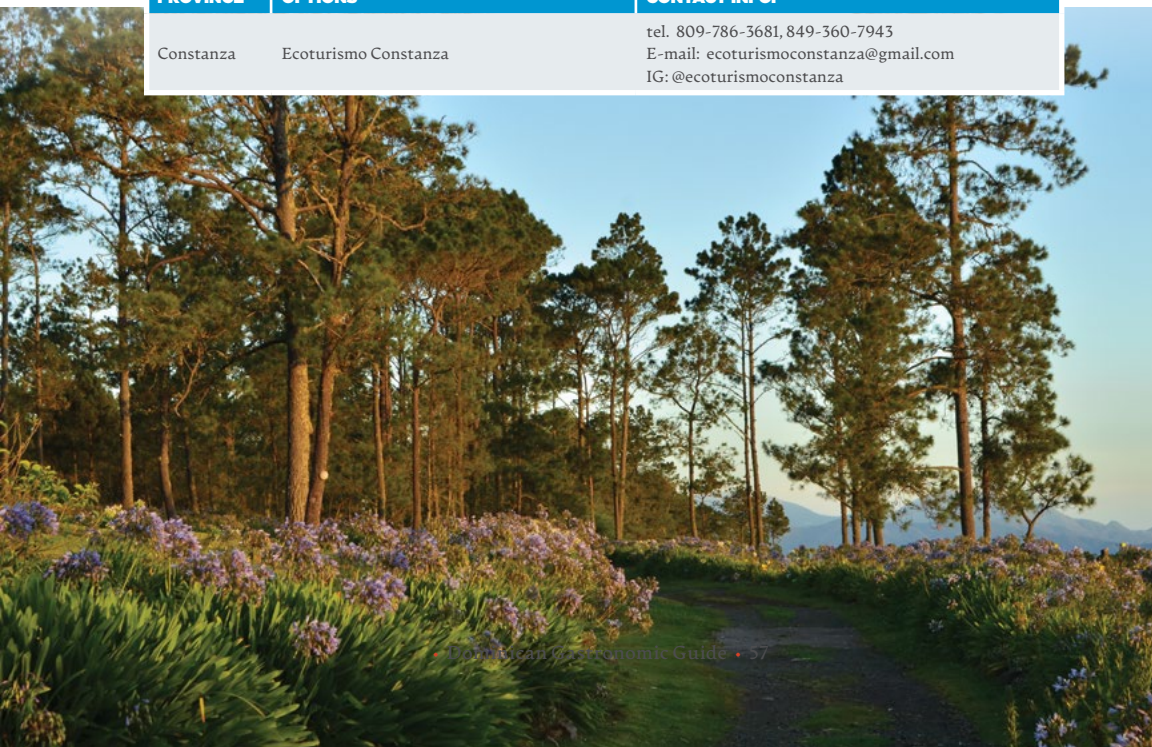
PROVINCE	OPTIONS	CONTACT INFO.
Montecristi	Banana Route RD	IG: @rutadelbanano E-mail: cibaoTCS@gmail.com

# Constanza agro-industrial route:



The Constanza valley, in the province of La Vega, is one of the most fertile in the country, where some 3,500 farmers produce more than 40 varieties of crops 365 days a year. In the so-called “Switzerland of the Caribbean”, tourists can enjoy visits to its open field crops and greenhouses, while learning about the peculiarities of its extensive production of fruits, vegetables and flowers.

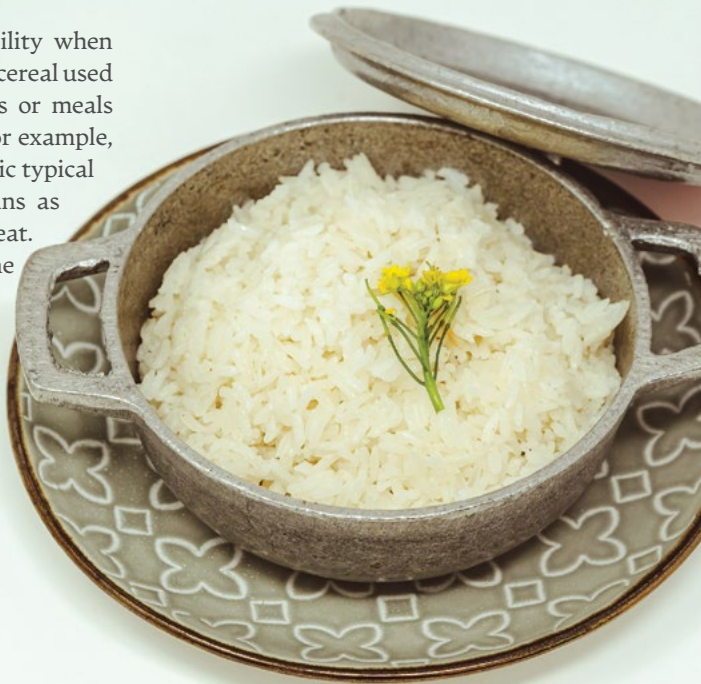
PROVINCE	OPTIONS	CONTACT INFO.
Constanza	Ecoturismo Constanza	tel. 809-786-3681, 849-360-7943 E-mail: <a href="mailto:ecoturismoconstanza@gmail.com">ecoturismoconstanza@gmail.com</a> IG: @ecoturismoconstanza



# Rice routes:



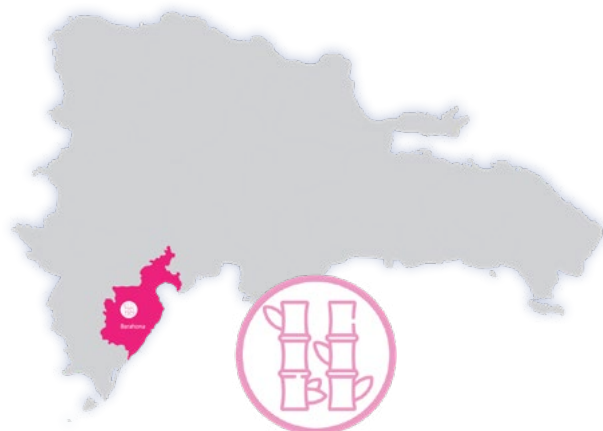
Rice is synonymous with versatility when cooking for Dominicans, since it is a cereal used to accompany almost all the stews or meals that are prepared in the country. For example, “the Dominican flag”, being an iconic typical dish, includes the cereal with beans as an accompanying element of meat. Additionally, our traditional cuisine includes “moros”, which are rice dishes cooked with beans or pigeon peas, and “locrios”, which are a local version of the Spanish paella. In both Montecristi and Sánchez Ramírez, the crops become getaways for those seeking to get to know the Dominican countryside in a different way.



PROVINCE	OPTIONS	CONTACT INFO.
Cotuí	Consejo de Desarrollo Ecoturístico de Cotuí	tel. 809- 585-2752 E-mail: consejoecoturisticosr40@hotmail.com IG: @consejoecoturisticosr
Montecristi	Tour Monte Cristi	tel. 829 924 9454 E-mail: cs@tourmontecristi.com

## Sugar cane route:

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One of the sweetest legacies of colonization was the introduction of sugar cane in the island of Hispaniola, offering the natives new options to increase the flavor of multiple foods and generating truly fascinating derivatives; it is the reason for the sweet culture that we have developed. In the “Pearl of the South”, Barahona, the Central Barahona Foundation organizes guided tours with an educational approach, with activities that include the processes of planting, harvesting and processing this juicy fruit.



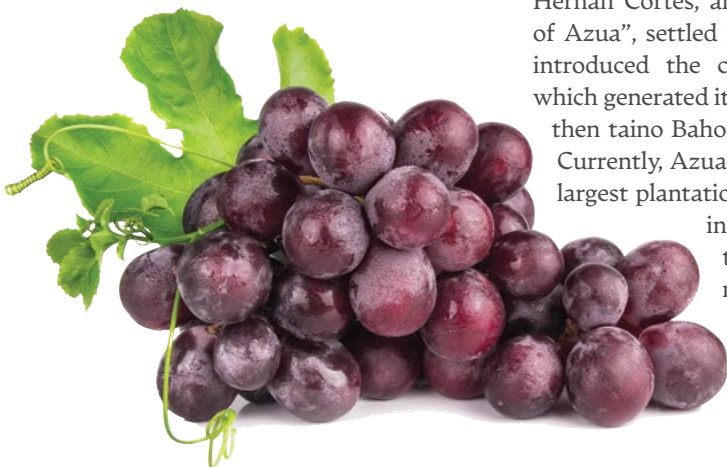
PROVINCE	OPTIONS	CONTACT INFO.
Barahona	Fundación Central Barahona	tel. 809-524-3421 ext. 3232 E-mail: <a href="mailto:rutadelazucar@fcentralbarahona.org">rutadelazucar@fcentralbarahona.org</a> <a href="mailto:admin@fcentralbarahona.org">admin@fcentralbarahona.org</a>

# Grape route:



In the process of exchanging products back and forth between Europeans and the New World during the discovery of America, the grape makes its first landing in Hispaniola. Between 1504 and 1511, Hernán Cortés, also called the “Scrivener of Azua”, settled in those lands where he introduced the cultivation of the vine, which generated its best productions in the then taino Bahoruco, today Neiba lands. Currently, Azua and Neiba have the two largest plantations and wine production

in the country, where tourist experiences are made available for the enjoyment of nationals and foreigners.



PROVINCE	OPTIONS	CONTACT INFO.¹
Bahoruco	Guías Ecoturísticos de Bahoruco	tel. 829-936-3946 E-mail: <a href="mailto:guiasecoturisticosdebahoruco@gmail.com">guiasecoturisticosdebahoruco@gmail.com</a> IG: <a href="https://www.instagram.com/guias_ecoturisticos_baoruco">guias_ecoturisticos_baoruco</a>
Ocoa	Ocoa Bay	tel. 829-745-0036 E-mail: <a href="mailto:info@ocoabay.com">info@ocoabay.com</a>

# Rum routes:



Rum is the national drink of the Dominican Republic and one of its most internationally traded local products. The history and tradition of Dominican rum dates back to the times of colonization when Admiral Christopher Columbus brought sugar cane from Spain, a product unknown until then in the New World and which became the basis for the production of the famous spirit. Puerto Plata, Santo Domingo and San Pedro de Macorís are the areas with the highest production, where the main rum factories offer unique experiences to learn about the origin, evolution and production processes of the best rum in the world.

PROVINCE	OPTIONS	CONTACT INFO.
Puerto Plata	Ron Macorix.	Ron Macorix Yafreisy Díaz tel. 809 683 4656 Ext. 7248 IG: @RonMacorix
Santo Domingo	Rum and Sugar Cane Museum.	Museo del Ron y la Caña Altagracia Carrasco tel. 829-470-8489 IG: @Museodelrondo
San Pedro de Macorís	Ron Barceló Experience.	Ron Barceló Proyectos Turísticos Julissa Sánchez tel. 809-334-2000 Ext. 3100-02 E-mail: jsanchez@barcelord.com



## BRUGAL, a luxury ambassador of the Dominicans

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**Brugal** has become one of the most admired and best valued distillates in the main capitals of the world. Like our tourist destinations, Dominican rum is now an ambassador of the best of us.

Its origins date back to the decision of Don Andrés Brugal to settle in Puerto Plata to produce the best possible rum and put the Dominican Republic on the map of the world's great spirits.

Each bottle of Brugal has a story to tell and goes through those who select the molasses, those who choose the best casks, those who put the labels and the craftsmen who place the iconic net, all pay attention to the smallest detail and are the authors of

that work of distillation art that Brugal is.

Brugal distills its rums, in San Pedro de Macorís, with 100% Dominican molasses. Then, the pure water from the mountains of Puerto Plata and the unique climate of the region, where there are high temperatures, constant rains and the trade winds blow throughout the year, are essential for the quality of Brugal rums.

Brugal invests more in cask acquisition than any other Caribbean rum. The distillates from it are aged in American white oak barrels, used in bourbon, and Spanish red oak casks, used in sherry.

In the 21st century, Brugal builds a new leadership

inspired by the values of its founder and his people, committed to the sustainability of its operations and to giving more to the development of the Dominican Republic.



## CURIOSITIES:

### 1905.

Brugal obtains in Belgium the first international recognition for its superior quality.

### 1948.

Brugal launches Añejo, the first rum aged for the maximum time allowed by Dominican law at the time: 5 years.

**Brugal** is the first Dominican brand to use a “merengue” in an advertisement.

### 2010.

Brugal presents 1888, the first Dominican rum with double distillation and double aging in American and Spanish oak barrels.

### 2013.

The first edition of Papá Andrés is produced, Brugal's most exclusive reserve and the most valuable rum in the Dominican Republic.

### 2021.

Brugal 1888 wins a gold medal at the New York International Spirits Competition.



## Brugal Doble Reserva

Doble Reserva, is one of the most recent creations of its rum masters. It is a surprising rum where aged from two types of casks are mixed to achieve complex flavors and aromas, and the double character that defines it.



## Jassil Villanueva

Is the first woman to play the role of rum master in Brugal and in the Dominican Republic.



## Leyenda 5th. Anniversary

The most recent release was the Special Edition Leyenda 5th. Anniversary, which has a new sophisticated liquid profile with a woody aroma and fruity notes.



## OUTSTANDING RECIPES OF AUTOCHTHONOUS DOMINICAN DISHES

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**These recipes were gathered from the book  
“Dominican Cuisine: The Magic Pot of Esperanza Lithgow”,  
updated and adapted by chef Ana Lebrón to the  
format of this gastronomic guide**

Esperanza Peña Mirabal de Lithgow, was born in Santiago, Dominican Republic, on March 22, 1937. She was a gastronomy student since her childhood and dedicated to its teaching for more than 40 years. Founder of the Cookbook Pavilion at the International Book Fair, and winner of the first prize in its 1996 version; decorated twice by the President of the Dominican Republic with the Plaque for Dominican Women of Merit as quintessential culinary teacher in 2006 and 2008; also recognized as a Distinguished Lady on Women's Day. Declared in 2011 by resolution of the National Council of the Ministry of Culture as Master of Dominican Gastronomic Culture. Author of several cookbooks, standing out among them the one titled “Dominican Cuisine: Esperanza Lithgow's Magic Pot”. She was director for more than 40 years of various television programs, later withdrawing from this activity to make room for her female students. She was also the founder of a gastronomic center and the Cooking Club called “Cocinando con Esperanza”.

The encouragement and promotion of Dominican gastronomy at a national and international level are part of her great legacy, highlighting her contribution in gastronomic festivals, talks and multiple activities in which she represented our local flavors in the most relevant culinary scenarios from her position as Gastronomic Advisor for the Ministry of Tourism, from where she shared her passion until her final days.





# SEVEN-MEATS “SANCOCHO”



(20 servings)

## INGREDIENTS:

4 pounds chicken  
1 pound pork meat  
1 pound smoked pork ribs  
1 pound beef chuck  
1 pound beef brisket  
1 pound goat meat  
1 pound “longaniza” (a typical Dominican pork sausage)  
1 pound pork bacon  
8 tablespoons sea salt  
5 liters water  
2 pounds squash (pumpkin)  
6 corncobs cut in 1-inch pieces  
8 green plantains  
2 pounds “yautia” (a root vegetable or tuber)  
2 pounds “ñame” (yam)  
2 pounds yellow “yautia” (a root vegetable or tuber)  
2 pounds yucca (cassava)  
6 leaves fresh coriander  
2 teaspoons dehydrated oregano  
1 big garlic head  
3 bunches fresh cilantro  
8 grains allspice  
1/4 cup bitter orange juice  
1/4 cup vinegar  
Hot sauce to taste (optional)



## INSTRUCTIONS:

1. Wash the meats and season with garlic, cilantro, coriander and oregano, all previously mashed in a pilon or blended. Beef, pork and goat could be mixed together, but the chicken or hen requires separate seasoning. Make uniform cuts of the meats; remove the long bone of the chicken thigh. Marinate in the refrigerator from 4 to 24 hours.
2. In an appropriate pot, fry/seal the meats separately until golden brown. A tablespoon of sugar can be used in the oil, before adding the meat, to accentuate its golden color.
3. Pour all the water and boil the meats (except the chicken) with the corn and half of the pumpkin. When the meats are tender, remove the pumpkin, blend it and return to the broth.
4. Cut the rest of the tubers into uniform pieces and add to the broth; first the plantains and continuing with the others.
5. Add the chicken, previously browned, and let the broth boil over medium heat for an hour; if it dries out too much, you can add a little more water and, if more consistency is required, you can blend some of the tubers and return to the broth until you get the desired thickness.
- 6.- In the final stage of cooking, rectify the level of salt and add the bitter orange and vinegar.

# STEWED GOAT IN WINE

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(4 servings)

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## INGREDIENTS: :

1 pound goat meat (with bones)  
3 bitter oranges  
2 teaspoons sea salt  
2 tablespoons Worcestershire sauce  
1 teaspoon mashed garlic  
1 teaspoon powdered oregano  
1 teaspoon fresh grated ginger  
1/4 cup rum  
2 teaspoon neutral oil  
1 teaspoon sugar  
1 medium Vidalia onion  
3 sweet peppers  
1 bunch parsley  
1 bunch cilantro leaves (“verdurita”)  
2 leaves coriander  
4 stalks fine leek  
4 ripe bugalu tomatoes  
1 tablespoon tomato sauce  
1 liter liquid (water or vegetable broth)  
2 cups red wine

## INSTRUCTIONS:

1. Clean the goat meat well, removing all the skin and cartilage. Wash with bitter orange and rinse slightly, dry and place in a bowl.
2. Season the meat with bitter orange juice, salt, Worcestershire sauce, mashed garlic, oregano, ginger and rum. Let macerate between 4 and 24 hours in the refrigerator.
3. For the sauce, blanch the tomatoes, remove the skin and cut into brunoise. Cut the onion and peppers in the same way. Prepare a “bouquet garni” with the parsley, cilantro, coriander and leek.
4. In a pot, heat oil. Add the sugar until it browns without burning. Add the meat little by little to seal and brown.
5. Add the onion and peppers and sauté for one minute. Add the tomato, tomato paste and bouquet garni to the sauce and continue for a few more minutes. Pour the liquid left behind from the seasoned meat, half of the water or vegetable broth, and half of the wine. Lower the heat and cover for about 30 minutes.
6. Let the liquid reduce by a quarter, and gradually add the rest of the liquid until the meat has softened. At this point, add the rest of the wine, rectify the salt, and continue cooking over low heat until you reach the desired point.



## “PASTELES EN HOJA”

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(10 Servings)

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### **FILLER (“MASA”):**

12 green bananas  
4 green plantains  
2 1/2 pound yellow “yautia”  
(a root vegetable or tuber)  
2 pounds yucca (cassava)  
2 pounds pumpkin  
3 bitter oranges  
1/2 pound annatto (achiote)  
200 ml neutral oil  
680 ml evaporated milk  
1 liter whole milk  
Sea salt to taste  
4 whole plantain leaves (or  
wax paper)

### **STUFFING:**

3 pounds pork meat  
2 pounds beef  
7 garlic cloves  
1 big onion  
5 teaspoons sea salt  
Fresh ground black pepper  
to taste  
1 liter liquid (water or  
vegetable broth)  
1/2 pound cooked ham cut in  
brunoise  
6 boiled eggs cut in brunoise  
150 grams raisins

### **FILLER INSTRUCTIONS:**

1. Grate the green bananas, plantain, “yautia”, yucca and pumpkin together.
2. Put the achiote in moderately hot oil to infuse it and extract the color.
3. Add to the mixture 100 ml of bitter orange juice

and 1 cup of the annatto oil. The rest of the oil is reserved for spreading on the banana leaves when preparing the “pasteles”.

4. Incorporate, little by little, the previously heated milk with the salt.
5. Blend the entire mixture in the electric mixer so that it is very smooth and homogeneous, with a consistency similar to that of mashed potatoes. Reserve.

### **STUFFING INSTRUCTIONS:**

1. Season the meats with garlic, salt and pepper.
2. Sauté the onion in the annatto oil, add the meat to stew, pouring the liquid little by little.
3. When the meats are soft, shred them.
4. In a frying pan, bring together the shredded meats, the ham, the eggs and the raisins.
5. Once the filler and stuffing are ready, proceed to prepare the “pasteles”.

### **INSTRUCTIONS FOR THE “PASTELES EN HOJA”:**

1. Take a clean plantain leaf cut to approximately 12”x 8” dimensions. Soften by passing them lightly over the flame of a burner to facilitate their handling and spread annatto oil over them.

2. Spoon about 200 g of the filler onto the center of the sheet and spread evenly with the spoon forming a rectangular shape within the borders of the leaf until about 1/4-inch thick. Pour onto the center of the filler about 50 g of the stuffing and proceed to flatten with the spoon following the rectangular shape of the filler.

3. With one of the longitudinal sides facing you, fold the plantain leaf so that it matches the opposite side and the filler and stuffing inside are also sealed against its opposite edge. Carefully, with your fingers on the surface of the sheet, help to seal the longitudinal end of the inner filler and stuffing, and the ends of the sheet are folded inwards until you reach the edge of the preparation inside. The same process is carried out with the two short ends until the “pastel” is wrapped in a plantain leaf envelope. Tie with kitchen string in such a way that the plantain leaf does not open on any of its sides.

4. Freeze to ensure their shape and firmness, as well as its preservation.
5. Before serving, place the desired units frozen in boiling salted water for 50 minutes. Then cut the threads, unwrap and serve.
6. In the Dominican Republic “pasteles en hoja” are regularly served with ketchup.

# PORK CHICHARRÓN (PORK SKIN)

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(4 Servings)

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## INGREDIENTS:

5 pounds pork meat with skin (more fat than meat).

5 teaspoons coarse salt.

Water, enough to cover the meat.

1/2 cup bitter orange.

## INSTRUCTIONS:

1. Cut pork into 3-inch pieces.
2. Put the pieces of meat in a thick-bottomed pot.
3. Add the salt and cover with water up to two centimeters above the level of the meat.
4. Cook over low heat until the water is consumed.
5. Once the water is consumed, raise the heat so that the meat is fried in its own fat.
6. When the pork skin are almost ready and look toasted, add the bitter orange until it is absorbed and the pork is crispy.







# PIGEON PEAS AND COCONUT “MORO” (A RICE DISH)

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(6 servings)

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## INGREDIENTS:

4 cups fresh pigeon peas  
5 tablespoons neutral oil  
1/2 pound bacon cut in brunoise  
1 big onion cut in brunoise  
3 fresh Green peppers cut in brunoise  
3 mashed garlic cloves  
1 pound peeled bugalu tomatoes  
3/4 liters coconut milk  
3 cup liquid (water of vegetable broth)  
3 tablespoons vinegar  
5 tablespoons soy sauce  
1/2 teaspoon ground oregano  
1 bunch fresh cilantro leaves (“verdurita”)  
1 coriander leaf  
3 1/2 teaspoon sea salt  
2 pound rice

## INSTRUCTIONS:

1. Wash the pigeon peas, drain and rub between the hands with salt to prevent them from turning dark. Then rinse and drain again.
2. Add a tablespoon of oil to a saucepan over low heat and pour the pigeon peas, sauté and add two cups of water, little by little, until the grains are pre-cooked.
3. In a pot, add two tablespoons of oil, then the bacon, onion, peppers, garlic, tomatoes, and whole cilantro and coriander, sautéing the mixture. Once the ingredients are caramelized, add the pre-cooked pigeon peas and continue with same procedure.
4. Add ground oregano, soy sauce, coconut milk and remaining liquid. Let it boil, add the rice, integrate everything briefly, let it dry by 90%, integrate again with the spoon collecting the rice from the edges and taking it towards the center; then cover the pot and lower the heat to a minimum. Let it cook for 20 minutes.
5. Uncover. With the spoon bring to the top the rice that is at the bottom of the pot (a flipping process); sprinkle a spoonful of oil and bring again the rice from the edges to the center. Cover and leave for an additional 10 minutes.
6. Serve.



# “HABICHUELAS CON DULCE” (SWEET BEANS DESSERT)

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(Para 6 personas)

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## INGREDIENTS:

1 pound red beans  
8 cups of water  
2 cinnamon sticks  
8 sweet clove units  
5 cups of milk (2 evaporated, 3 whole)  
2 1/2 cups sugar  
1 teaspoon sea salt  
2 pounds of sweet potato  
1/2 pound pitted prunes  
1/2 teaspoon powdered nutmeg  
2 cups coconut milk  
2 ounces unsalted butter  
Toasted cassava bread or milk cookies

## INSTRUCTIONS:

1. The night before preparation, place the dried beans in water.
2. After the beans have softened, clean, wash with water and drain.
3. Put the beans over medium high heat with plenty of water, with the cinnamon and cloves.
4. Blend, reserving 3 cups of the water from the beans.
5. Mix the three reserved cups of water with the milk and blended beans. Strain twice through a fine strainer.
6. Add the sugar and rectify the salt.
7. Add the sweet potatoes cut into small cubes and put over medium heat until it boils, constantly moving with a wooden spoon.
8. When the sweet potatoes are soft, sprinkle with the nutmeg, add the coconut milk and lower the heat. Continue moving for a few minutes until you achieve the desired consistency and add the butter.
9. It is suggested to serve with toasted cassava bread or milk cookies.





# MAJARETE

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(8 servings)

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## INGREDIENTS:

12 corncobs.

5 cups of milk.

2 cups of sugar.

1 cinnamon stick.

Lemon peel.

$\frac{1}{4}$  teaspoon sea salt.

Powdered cinnamon.



## INSTRUCTION:

- 1.- Grate the corn.
- 2.- Add the milk to the grated corn and blend. Strain through a fine strainer.
- 3.- Add the sugar, cinnamon, lemon peel and salt.
- 4.- Put the mixture in a saucepan and cook over low heat, stirring constantly with a wooden spoon until it thickens (it takes patience).
- 5.- Pour into the desired containers and sprinkle with cinnamon.

# “MORIR SOÑANDO” (TO DIE DREAMING BEVERAGE)

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(4 servings)

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## INGREDIENTS:

- 4 cups of evaporated milk.
- 1/2 cup sugar.
- 2 cups of crushed ice.
- 2 cups of natural orange juice.

## INSTRUCTION:

1. Mix the milk and sugar and place in the fridge until the mixture is very cold.
2. Mix the crushed ice with the milk.
3. Slowly pour the orange juice into the ice-cold milk, stirring constantly.
4. Serve immediately.





# DOMINICAN GASTRONOMIC GLOSSARY

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**By: Chef Carlos Estévez**

Researcher committed to rescuing the culinary roots and traditions of the Dominican Republic. Culinary instructor and champion of Slow Food.

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**Aguaji:** Native broth with a light texture, made with garlic, herbs, allspice, vinegar and roasted green plantain.

**A la Puya:** A way of cooking from Taíno heritage in which birds and/or pigs are cooked barbecue style.

**Arepa:** Roasted cake of cornmeal, coconut and spices that can be sweet or savory. Traditionally it is cooked in a pot over firewood with the fire above and below.

**Asopao:** Soupy rice dish seasoned with condiments and that regularly contains meat, poultry or some seafood.

**Barbacoa:** Structure of wooden sticks raised on the ground that is used together with firewood as an instrument to slowly roast or smoke meats. It is considered the ancestral instrument that gave rise to the barbecue.

**Biajaca:** Freshwater fish with highly prized meat. It is reported as a Taíno food.

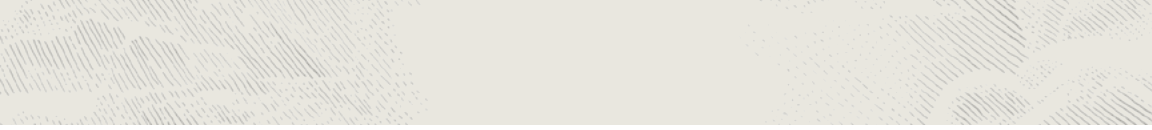


**Achiote/bija (Bixa orellana):** Seeds of a bush that are used ground in Caribbean cuisine to give color and flavor to various dishes. They were used by the Taínos as mosquito repellent and to paint the body for ceremonial purposes, as well as a condiment in their kitchen.

**Bofe:** Part of the guts corresponding to the lungs of the cow seasoned and dried in the sun. It is eaten fried and has a spongy texture.

**Boruga:** Dairy product of Dominican cuisine obtained from the natural acid fermentation of cow's milk. It is similar to yogurt but has a thicker texture.

**Bucán:** Ancestral method of roasting or smoking meat and some vegetables used by the Taíno Indians and popularized by buccaneers to preserve stolen beef.



**Burén:** Clay or stone plate used by the Tainos to cook yucca/cassava bread.

**Casabe:** Ancestral unleavened flatbread of Taíno heritage that is made from peeled, grated, squeezed, sifted yucca and cooked in a burén or griddle. It is a product very high in fiber and low in calories, called by the conquerors “Bread of Indies”, since it helped overcome famines and replace wheat bread during interoceanic voyages.

**Catibía:** Yucca or manioc flour, which is obtained by peeling, grating, squeezing and sifting the cassava. This is also the name given to the “empanada” (turnover) that is made with this flour, and stuffed with cheese, vegetables, meat or seafood.

**Chilindrón pork:** A technique used to cook pork “a la puya”, where it is stuffed with “moro” that can be made with pigeon peas, black beans or any other vegetable.

**Chambre:** It is a type of soup or “sancocho” whose main ingredients are legumes; it can be made with beans, pigeon peas, chickpeas or other types of grains, and contains meat, rice, tubers and other vegetables.

**Chacá:** Local dessert from the southwest made with cracked corn (broken into small particles), milk and spices.

**Champola:** Local refreshing drink made with soursop pulp.

**Chenchén:** Salty preparation based on cracked corn typical of the Dominican southwest that is regularly served to accompany goat dishes and stewed beans.

**Chicharrón:** Dish contributed by Africans to Dominican cuisine. It is made with pork belly fried in its own oil that is usually served with “tostones” (fried green plantains) and a tangy sauce.

**Chimichurri:** Typical Dominican street food sandwich made with grilled local sausage served inside a “pan de agua” (a typical style of bread), with shredded cabbage, sliced green tomatoes and pink sauce.

**Chofán:** The local version of fried rice; a contribution to Dominican cuisine made by the Chinese community. It has several variants such as meat (beef, pork or chicken), seafood, vegetables, or mixed.

**Chola:** Bread or bun made with the starch of the “guayiga” (root extracted from a wild plant used by the pre-Hispanic inhabitants of Hispaniola, with the scientific name *Zamia Pumila*) and coconut. The bulb of the grated “guayiga” must be squeezed to extract the poison it contains before kneading the bread. This bread is still made in a few towns such as San Cristóbal and Haina.

**Chulito:** A fried scone made with mashed cassava or ripe plantain, regularly stuffed with cheese or meat and often sold as street food.

**Cocolo:** Term used to designate Anglophone and Francophone Afro-American immigrants from the Caribbean and their descendants who came to the island mostly to work in the sugar cane industry.

**Concón:** Part of the toasted rice that remains attached to the bottom of the cauldron. Normally enjoyed with stewed beans or with the sauce from a meat stew.

**Coconete:** Sweet spongy cookie made from wheat flour and coconut with spices provided by Afro-descendants from the Lesser Antilles.

**Conuco:** Taíno term that designates a portion of land dedicated to the cultivation of some products.

**Cuaba:** Resinous wood from the heart of the Creole pine that serves as fuel to light the fire and for cooking. It was used by the aborigines to provide illumination during the night.

**Fonda:** Very modest popular food stalls where drinks and typical food are prepared and sold.

**Frío frío:** Also known as “yunyun” is a refreshing drink made from fruit juice or syrup served with crushed ice.

**Friquitaqui (Rikitaki):** Street sandwich from Santo Domingo, Santiago and other parts of the country, prepared with “pan de agua” stuffed with salami or mortadella, shredded cabbage seasoned with spicy vinegar sauce.

**Fogón:** Wood-fired clay or cement stove used in the countryside to cook traditional meals.

**Gofio:** Canarian heritage dessert made with roasted and sugared corn powder. It is served in cone-like paper rolls or curls.

**Guavaberry:** Cocola heritage spirit drink made from the guavaberry fruit, spices, sugar and rum.



**Jagua:** Ancestral fruit with an anise flavor used for juices. It was used by the Taino aborigines to paint their skin black.

**Jaiba:** It is an endemic crustacean of the island, also called river crab, which is cooked boiled, or the meat is removed to prepare stewed or with coconut.

**Jutia:** Rodent from the Greater Antilles that was used as food highly appreciated by the Taino aborigines, but that was not a preferred dish of the conquerors. It is in danger of extinction.



**Kipe o quipe:** Local version of the kibbeh brought by Lebanese immigrants made of bulgur (broken wheat), stuffed with ground meat seasoned with herbs and spices.

**Lambi:** Giant snail (*Strombus gigas*), which is boiled to soften and served cold with vinaigrette or hot stewed. It was a main food of the Tainos.

**Locrio:** Dish of the Dominican Creole cuisine based on rice, condiments and some meat or vegetable. It is considered the local equivalent of the Spanish paella.

**Longaniza:** Native sausage made from pork, fat, oregano, salt, garlic and other seasonings. It is eaten fried and served with “tostones” and lime.

**Mabí:** Traditional fermented drink made from a plant called Indian bejuco or from the heart of the cacheo palm, the latter is in danger of extinction.

**Majarete:** Traditional creamy dessert made with grated fresh corn, coconut and spices.



**Mamajuana:** Traditional Dominican drink made from leaves, roots, bark and medicinal sticks of various plants that are macerated in a bottle with wine, rum and honey. It is said to have aphrodisiac effects.

**Mangú:** Mashed plantain widely used in the traditional Dominican breakfast.

**Mambá:** Spicy peanut paste, probably of African origin, but contributed by Haitians during their occupation of the Spanish side of the island.

**Mariscada:** Salad-type cold preparation made from a variety of local seafood, such as shrimp, prawns, octopus, conch, crab and fish that are pre-cooked in water and seasoned with salt, lemon juice and herbs.

**Mofongo:** A traditional dish of African influence prepared by mashing together pork skin, fried plantain and garlic.

**Mojo:** A stir-fry mixture made with onion, “cubanela” pepper, garlic and cilantro that serves as a sauce for various dishes of native cuisine.

**Morcilla:** Sausage of Spanish origin prepared with cooked pork blood and pieces of meat.

**Morir soñando:** Refreshing drink made with orange juice, cow's milk, sugar and ice.

**Moro:** It is a native rice dish made with legumes and vegetables that is served as a garnish for meat. Legumes can be of various types: red beans, black beans, pinto beans, white beans, broad beans or pigeon peas.

**Palmito:** Heart of various types of palms that is used to make salads and various Creole dishes. It was a highly valued food in the Taino cuisine.

**Pan de agua (water bread):** Traditional local bread made with water, flour and salt that is said to have been inspired by the French baguette bread.



**Pan de fruta:** It is a Pacific fruit introduced to America with great nutritional value. Its dough is eaten boiled or fried as toston.

**Pan sobao:** It is a wheat and butter bread with a very soft texture, usually consumed by Dominicans for breakfast or with coffee.

**Telera bread:** Traditional bread that is made at Christmas time using wheat flour, lard or butter, anise, salt and water. Serves to accompany Christmas Eve and New Year's dishes.



**Pilón:** Native mortar made of wood, usually from the guayacán tree due to its hardness. It is used to crush the seasonings and the mofongo.

**Pipián:** Stewed viscera served with yucca or boiled green banana.

**Queso de hoja:** Fresh whole cow's milk cheese that is made by forming layers in the style of Italian mozzarella. It is usually served with crackers.

**Raspadura:** Dessert made with milk in the Cibao and “melao” in the South, wrapped in palm sheathes.

**Taíno:** Aborigines of Hispaniola who inhabited the island upon the arrival of the conquerors. They came from the Arawaks of northern South America. They lived by agriculture, gathering and hunting. They were good craftsmen and were organized into cacicazgos led by kings or caciques.

**Tostón:** Green plantain peeled, cut, fried in vegetable oil, flattened and fried again (double fry). It is a

companion for many dishes of the Dominican cuisine, especially meats and rice dishes; also called “patacón” in other countries of the region.

**Yaniqueque:** Flat fried disc-shaped cake made of flour, water and salt, typical of Dominican cocola cuisine.

**Yaroa:** Street food from Santiago consisting of layers of mashed ripe plantain or French fries, meat (ground beef, shredded chicken or “ropa vieja”) and grated yellow cheese seasoned with mayonnaise and ketchup.



