Puerto Rican cuisine for the foodie in you!
About our food

Puerto Rican cuisine reflects the island’s diverse cultural influences. The cuisine has evolved over time, incorporating elements from the indigenous Taíno people, Spanish colonizers, and sub-Saharan African slaves; to create tasty dishes, with bold flavors, vibrant colors, a variety of textures (all IDDSI approved...) and most importantly, cooked from the heart.
What about flavor profile?

Puerto Rican food is known for its use of bold spices such as garlic, oregano and cilantro. The cuisine also features a variety of starchy roots, like plantains, yucca and yautia. Pork is a staple meat in Puerto Rican cuisine.
It belongs to the jackfruit family. It can be baked, boiled or fried.

Roots

Plantains
They resemble large bananas, but cannot be eaten raw. They are great for boiling or frying

Yuca (cassava)
Starchy root vegetable. It can be baked, boiled or fried.

Pana (breadfruit)
It belongs to the jackfruit family. It can be baked, boiled or fried.
Mofongo

It is made primarily from green plantains, garlic, and pork cracklings (chicharrones). The green plantains are fried and mashed with garlic and pork cracklings until they form a dense, flavorful mixture. The resulting texture is both creamy and slightly chunky, with a smooth consistency from the mashed plantains and crispy bits from the chicharrones.

Note: (In some venues, you can request mofongo without pork). Many venues offer mofongo with a variety of fish or meats.
Pasteles are a Puerto Rican cuisine staple dish. They are similar to tamales, but made with a dough primarily consisting of green bananas, plantains, taro root (yautía), and pumpkin. They are filled with a savory mixture of meat, often pork, chicken, or a combination of both, along with olives, and sometimes raisins, all seasoned with a flavorful blend of spices such as garlic and oregano.

The texture of pasteles is moist and tender, with the savory meat filling. They are typically wrapped in banana leaves and then boiled or steamed until cooked through, allowing the flavors to blend together while imparting a subtle earthy aroma to the dish.
Tostones y arañitas

Tostones (AKA: patacones) Fried green plantains. Delicious and often served with only salt, a garlic sauce or "mayoketchup" (homemade sauce with mayo, ketchup and garlic).

Arañitas: They are made out of shredded green plantain. The grated plantain is pressed into "spider-looking" balls, seasoned and fried.
Alcapurrias, bacalaítos y sorullitos

A Puerto Rican fritter made of green plantain and stuffed with meat.

A delicious Puerto Rican fritter made out of codfish.

They are cornmeal fritters. They can be stuffed with cheese. Typically dipped in “mayoketchup”.
Lechón a la varita

It is a staple Puerto Rican dish, often served in celebrations. It is roast pork. "A la vara" refers to the way it is cooked (on the spit with a wooden or metal rod). The meat is slowly roasted after being marinated in savory spices. The result is a tender and juicy meat with crispy skin.
Carne frita, chicharrones and ensalada de pulpo

Carne frita
Consists of fried pork; sometimes it is mixed with sauteed onions.

Chicharrones
Fried crispy porkbelly pieces.

Ensalada de pulpo
It is a vibrant and fresh seafood salad (in this case, made out of octopus).
The sweets

**Arroz con dulce**
Rich and creamy rice “pudding”, with delicate coconut notes.

**Tembleque**
Indulgent coconut “pudding”, that captures our tropical flavors.

**Coquito**
It is a rich and creamy coconut “eggnog”. Usually prepared during the holidays.
Piragua

It’s a refreshing delight. It consists of shaved ice cones drizzled with fruit-flavored syrup. You can find lots of “piragüeros” around Old San Juan.
Piña Colada

It is a tropical and refreshing cocktail, with a base of pineapple and cream of coconut with white rum.
Pitorro

Puerto Rican "moonshine". It is a distilled liquor made from sugar cane. It incorporates spices like cinnamon, vanilla and cloves. It can be fermented by itself or can be combined with a variety of fruits, to change the flavor profile.
¡Buen Provecho!

Made with passion by your DRS 2024 Social Committee

Enjoy all the good food our little island, Puerto Rico, has to offer...