



A Sizzling History of Miami Cuisine: Cortaditos, Stone Crabs, and Empanadas (American Palate)

Mandy Baca

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The culinary history of Miami is a reflection of its culture--spicy, vibrant and diverse. And though delectable seafood has always been a staple in South Florida, influences from Latin and Caribbean nations brought zest to the city's world-renowned cuisine. Even the orange, the state's most popular fruit, migrated from another country. Join local food author Mandy Baca as she recounts the delicious history of Miami's delicacies from the Tequesta Indians to the present-day local food revolution.

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