

Season 2 | Episode 7 Show Notes

More Than Rice and Beans: A Taste of Puerto Rico

Episode description:

What would you do if you could spend a month exploring Puerto Rico? *More Than Rice and Beans'* very own Miguel is here to give you some ideas. Fresh from returning to a month-long trip to Puerto Rico, Miguel fills Tania in on his time there. From the incredible local food like mofongo, learning to make a traditional bean stew, and struggling to find vegetarian fare for his travel companion, eating through Puerto Rico was an adventure. Miguel also talks about his favorite experiences, like exploring the world's brightest bioluminescent bay on the island of Vieques and meeting the local turtles. Travelling to Puerto Rico is always a special experience, but Miguel is eager to share why this vacation was more meaningful than ever.

Highlights:

- A look at Miguel and Tania's personal connections to Puerto Rico
- How Miguel planned for a month on the island
- The best local food in Puerto Rico, and why finding vegetarian meals is so challenging
- How to make habicuelas, a Puerto Rican style bean stew
- An explanation of the three assorted styles of mofongo, a traditional dish found all over Puerto Rico
- Information on Vieques, a small island off the coast of Puerto Rico
- How to explore Mosquito Bay, the world's brightest bioluminescent bay.
- Why seeing turtles is necessary in Puerto Rico
- Miguel's reflections on what made this trip so special

Links:

A Taste of Puerto Rico cooking class: <https://www.coquithechef.com/cooking-classes/>

Register for a class, shop authentic ingredients, and more: <https://www.coquithechef.com/>

Support our show here: <https://www.buymeacoffee.com/ricebeanpodcast>

Visit our webpage: <https://www.coquithechef.com/podcast/>

Places to go when you are Puerto Rico

Restaurants:

https://www.tripadvisor.com/Restaurant_Review-g147320-d23192567-Reviews-Ene-San_Juan_Puerto_Rico.html

https://www.tripadvisor.com/Restaurant_Review-g147320-d5577497-Reviews-Chocobar_Cortes-San_Juan_Puerto_Rico.html?m=19905

Places to taste piña colada:

https://www.tripadvisor.com/Restaurant_Review-g147320-d779529-Reviews-Barrachina_Restaurant-San_Juan_Puerto_Rico.html?m=19905

<https://www.caribehilton.com/dine/>

Offshore island Vieques with bioluminescent bay, roaming horses and beautiful beaches:

<https://vieques.com/>

Don't know where to stay?

Surround yourself with nature with Airbnb Cabin Paraiso Escondido, Romantic, Cozy Cabin

https://www.airbnb.com/rooms/51883674?guests=1&adults=1&s=67&unique_share_id=47054781-2464-46cd-9168-df2a86f6a35b

Let us know you booked using the link above for a special welcome surprise!