

# DOMINICAN GASTRONOMIC Guide

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# DOMINICAN

## GASTRONOMIC Guide



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Dominican Gastronomic Guide by the  
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**Our dishes.**  
In these boxes, we show  
you the most emblematic  
dishes of our gastronomy.



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Shibuya Ichiban Restaurant



Pa'le Palo Restaurant



## | FORWARD

**T**his magnificent document that I am honored to forward is a new window that the Dominican Republic opens to the world to show the cultural and productive highlights around its gastronomy. When Luis Ros, president of the Dominican Academy of Gastronomy (ADG), shared the illusion of this project, I approached it with enthusiasm for the contribution that the work represents to the concert of activities that from the Ibero-American Academy of Gastronomy we have been undertaking to raise the knowledge and general recognition of the nutritional, culinary and tourism heritage of the entire region.

The Dominican Republic has a special colorful appearance that reflects itself upon its flavors, its music and its people. These characteristics have been very well captured and echoed in this first edition of the Dominican Gastronomic Guide, published by the Dominican Academy of Gastronomy. We invite you to make the journey through every corner of this wonderful country that literally represents the first gastronomic encounter between the Old World and the New World.



Rafael Anson Oliart  
*President of the Ibero-American  
Academy of Gastronomy*

Each page of this guide will offer you valuable information about native products, emblematic dishes, restaurants, and points of interest that cannot be left out. These few pages of pleasant reading will move you on a gastronomic tour through the Colonial Zone of Santo Domingo, First City of America, as well as the main regions of the country. And we are proud that all this happens within the framework of the celebrations related with the designation of Santo Domingo as the Capital of Gastronomic Culture of the Caribbean.

The Dominican Gastronomic Guide, published by the ADG, is a successful sample of the contributions that the Ibero-American Academy of Gastronomy promotes and supports among its member academies. We trust that this information will allow you to enjoy the best possible gastronomic experiences while visiting the Dominican Republic.

Enjoy the flavors, colors and magic of the land where Christopher Columbus landed during his historic journey of 1492, including 527 subsequent years of battles and moments of glory that combined to forge a nation with a distinctive personality that progresses and evolves.

## | MINISTER OF TOURISM LETTER

**D**ear gastronomic enthusiasts, On behalf of the Dominican Republic Ministry of Tourism, we welcome you to dive into the first edition of the Dominican Gastronomic Guide. It is our sincere hope that you will enjoy soaking in the culinary history and flavors of Dominican Republic and that you use the guidebook as a tool when choosing where to eat and enjoy the best options offered by our vast gastronomy. The Dominican Gastronomic Guide will take you through the

country's deep gastronomic roots as and explore the present-day foods that make Dominican Republic known for their culinary creations. This guidebook provides insights into each area of the country, their historical roots, native dishes and specialty flavors.

Look inside and see why the Dominican Gastronomic Guide is an unprecedented way to highlight the gastronomic diversity in the country. Eat your way through Dominican Republic and take your guidebook with you every step of the way.

Francisco Javier García  
*Dominican Republic  
Minister of Tourism*





## DOMINICAN ACADEMY OF GASTRONOMY

The Dominican Academy of Gastronomy (ADG) begins its activities in November 2014 and is established as a non-profit organization in March 2017.

Its purpose includes the research, dissemination, promotion and protection of the gastronomic heritage of the Dominican Republic. 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 and serving as a promoter of all related relevant aspects.

The initiative for the creation of the ADG came from 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. The Ibero-American Academy of Gastronomy is the institution that brings together all the academies of the region and helps in

the formation of new similar organizations.

Aware of the evolution that is evident in the gastronomic ecosystem of the Dominican Republic and the need for this upward spiral to continue advancing, the ADG directs its efforts to promote local and international development and positioning of Dominican gastronomy. In that sense, and with a long-term vision, we manage alliances with educational institutions, ministries, associations and other entities with similar purposes.

With the endorsement of the Ibero-American Academy of Gastronomy and the strategic alliances that we have been developing in the country and abroad, as well as the will and influences of a committed body of academics that conform the ADG, and with countless people and institutions that place Dominican gastronomy in high regard, we can glimpse its greater positioning as an engine of tourism in the country, an undisputed pillar of our economy.



DOMINICAN REPUBLIC

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# BRIEF INTRODUCTION OF THE DOMINICAN REPUBLIC

Welcome to the Dominican Republic, a Caribbean paradise baptized by the Tainos with the name of Quisqueya for its indigenous meaning of "mother of all lands." We are a tropical country with a history of openness and respect, a culture of cheerful and musical people, and a diverse and sustainable gastronomy. It was not by chance that the Ibero-American Academy of Gastronomy designated Santo Domingo in 2017 as Capital of Gastronomic Culture of the Caribbean, crown that we managed to maintain during the year 2019.

The last Amerindian settlers of this island, prior to the arrival of Cristopher Columbus in 1492, were the Tainos, an ethnic group whose mode of production was based on agriculture, hunting and fishing. They also stood out for their art, their mag-



ical-religious practices and their political organization, grouped in Cacicazgos.

The Dominican Republic shares the island with the Republic of Haiti, being the second largest island among the Greater Antilles. Our geography presents a unique and majestic diversity with beautiful landscapes of contrasting colors and heights, with the projection of light upon our water springs, rivers and seas, harmonizing with attractive specimens of our flora and fauna amidst clashing lush tropical forests and arid semi-desert areas. For its part, the orography covers from the highest mountains of the Greater Antilles, such as Pico

*Our geography presents a unique and majestic diversity with beautiful contrasts of color and heights in its landscapes and springs, rivers and seas.*



Duarte, with 3,087 meters above sea level, to Lake Enriquillo, the largest body of salt water in the entire Caribbean region.

The country is divided into three major regions: North or Cibao, known for its fertile land with significant agricultural and livestock activity; Southeast, hosting the main tourist poles and productive sectors of the country; and Southwest, with great potential for economic and tourism development. We have a democratic government elected every four years and divided into three branches: Executive, Legislative and Judicial. The capital city is Santo Domingo, recognized as the First City of the Americas, as it became headquarters of the Spanish government during their conquering of the New World in 1492.



## COASTAL RESOURCES

The Dominican Republic has one of the largest coastal lines in the Antilles extending throughout more than 1,814 kilometers and including 227 beaches. There are 17

## BASIC INFORMATION



**Population:** approximately 9.4 million inhabitants.

**Official language:** spanish.

**National currency:** Dominican peso.

**Climate and temperature:** Tropical zone with an average temperature of 28 degrees Celsius (about 82 degrees Fahrenheit).

**Religion:** Predominantly Catholic, followed by the Protestant and other religions.

**Electricity:** 110V at 60 cycles (110V / 60Hz).

**Area codes for landlines and mobile phones:** 809 and 829; 849 for mobile only.

**Taxes:** The Tax on the Transfer of Industrialized Goods and Services (ITBIS) is 18%. In hotels, restaurants, cafes, bars and other similar establishments, in addition to ITBIS, a 10% surcharge is charged for legal service or tip. Additional gratuity is optional.

**Visa:** By bilateral agreements between some countries, certain citizens can enter only with their passports; while others require a Dominican visa. For more details, access: [www.mirex.gob.do](http://www.mirex.gob.do)



provinces and 38 municipalities that face the sea, some facing the impetuous Atlantic and others alongside the quiet Caribbean waters.

We invite you to learn more about our coastline by downloading the Costa Dominicana application, a practical guide based on the book “Echoes of the Coast. Crossing the Dominican Marine Coast”, by Domingo Marte.

We have several adjacent islands, such as La Saona, Catalina, Catalinita and the very small Beata, Alto Velo and Los Frailes islands. We also have 14 National Parks or scientific reserves, where it is possible to engage in ecological and adventure tourism, or simply observe animal species.

The country also has prestigious marinas, such as Casa de Campo and Cap Cana, with exclusive restaurants and bars, and trendy boutiques, among other amenities.

## LUXURY GOURMET DESTINATION

In 2018 and 2019, gastronomy has stood out as one of the tourist attractions of the Dominican Republic, especially because during these years Santo Domingo has held the title of Capital of Gastronomic Culture of the Caribbean. This recognition highlights the richness of Dominican culinary heritage, local products and ample spectrum of typical dishes.

Dominican gastronomy is undergoing a magnificent momentum sparked by the level and enthusiasm of its most talented chefs, in addition to an increasing offer of courses and programs made available by local and international educational institutions, and also driven by the international recognition of many of its products. We invite you to indulge in our best restaurants and bars and get a glimpse of the culture of each region, so you can be part of an authentic gastronomic revolution.



### *The "Flag".*

*Our best known and accepted dish as a national symbol, emphasizing the patriotic sense it has for the Dominican, who relates to its three ingredients: **rice, red beans and meat**, with the three colors of the national flag: red, white and blue.*



# HISTORICAL SUMMARY OF DOMINICAN GASTRONOMY

**D**ominican cuisine is the result of five centuries of ethnic syncretism, initiated with the mixture of three cultures: indigenous, Spanish and African, which merged during a gradual process of acculturation and cultural exchange.

Indigenous food and nourishment was mainly based on roots and tuber crops, principally cassava, yautía and sweet potatoes. The casabe, later called “bread of the Indies”, and peanuts, were some of the foods unknown to Europeans brought to Spain on the first return trip of Admiral Christopher Columbus in 1493. Fish, birds and abundant indigenous fruits were mixed with Spanish chickpeas and lentils; with biscuits and honey; with bacon and cheese from Andalucía. These early mixtures and combinations of product and techniques, complemented with further influences of later arrival, became the basis for the Dominican cuisine that we know today.

Massive cultivation of the land took place as well as the important growth of cattle, goats, pigs, sheep and poultry, all brought to the island as of the second voyage of the Admiral. From South America, potatoes and certain types of beans were brought; from Mexico, tomato and sweet pepper. Towards the 17th Century, a prosperous sugarcane industry developed,

which also led to the production of rum, an important component of Dominican gastronomy today.

As hard work and illnesses decimated native inhabitants, the Spanish brought in African slaves. With them came the pigeon pea, plantain, sesame, yam, malagueta pepper, ginger, mango and okra, among others. However, the great contribution of African culture to the conformation of our culinary identity lies mainly in cooking techniques and culinary creativity. They ingeniously mixed Taino ingredients unknown to them with the products that the Spaniards introduced to the island, including those that survived the long journey from Africa.

The use of fats to fry food, unknown to the Tainos, is another cooking technique introduced in the island by the African slaves. Other dishes developed by the new incomers were the mofongo (a concoction of mashed fried green plantains with fried crunchy pork belly), “pasteles en hoja” (a preparation with specially seasoned and cooked green plantains, stuffed with savory pork or other protein, and wrapped in plantain leaves), “mondongo” (tripe), “mangú” (mashed boiled green plantains), “moro de güandules” (rice prepared with pre-cooked and seasoned chick peas), chicken rice, “tostones” (fried green plantains), fried and salted pork, pork rinds, among others. All

*Upon arriving in Hispaniola, the African slaves already knew many of the ingredients they found here. In Africa they had rice and **bananas**, items that were brought by the Spaniards, among others.*



of the dishes previously mentioned are iconic of our cuisine and, hence, commonly enjoyed and consumed.

Dominican gastronomy, as such, evolved with further influence of French inhabitants, including English-speaking immigrants from the Lesser Antilles, as well as from the Middle East, Italy and China. Today, Dominican cuisine is the product of a culinary fusion of said cultures, also influenced by our geographical conformation and the diversity of geo-forms, which make of our country a unique gastronomic proposal in the insular Caribbean. These features play a decisive role in the variety and abundance of our agricultural products which find their way on a daily basis to the kitchens and tables in every region of the country.

## DOMINICAN DISHES

Our best known typical dish, also accepted as a national symbol, is “the flag”,

emphasizing the patriotic sense it has for Dominicans who relate its three main ingredients (rice, red beans and meat), with the three colors of the national flag (red, white and blue). This emblematic plate can be prepared with stewed beef or chicken, or any other meat, and is popularly accompanied with fried green plantains, raw salad (lettuce, cabbage and tomatoes), and avocado.

The “sancocho” is another dish that represents the mixture of races, ingredients and customs, as well as our cultural identity as Dominicans. This finds its origin in the great abundance of cattle during the colonial era, which made of meat a daily food available to masters and slaves, Spanish and African.

Over time, the inhabitants of the island managed to develop a kind of “soup” that brought together all available tubers and produce such as cassava, white and yellow yautía, yam, sweet potato, pumpkin, plantain, mapuey, corn, and grated green plantain buns, with meats from pork, goat, chicken, and beef, adding bacon and sausage



### **The Sancocho.**

*A hearty and savory soup that combines root vegetables with a variety of meats, including pork, beef, chicken and sausage, with garlic, cilantro and sour orange juice. Served with white rice and avocado.*



with fresh vegetables and seasonings, all simmering to perfection in large cauldrons until favors combined into a substantial broth.

The mangú is the king of Dominican breakfasts and it is commonly found at homes, in roadside cafeterias, and in hotels and restaurants that serve breakfast throughout the country. It consists of mashed green boiled plantain, seasoned with olive oil and salt, usually served with fried eggs, fresh cheese and fried salami. This platter is popularly called "the three strokes", in reference to the number of principal ingredients on the plate.

Another well regarded dish, also prepared with green plantain, is the mofongo. It is prepared by combining in a wooden mortar ("pilón") fried green plantains, garlic and crispy pork belly. The force of crushing together these ingredients is a practice inherited from our African ancestors.

Still another popular dish among Dominicans are the "pasteles en hoja" (literally translated as "leaf cakes"), similar to the tamales except for its basic composition made of green plantain instead of corn. It is traditionally stuffed with seasoned pork meat, wrapped in banana leaves and boiled. Although the "pasteles en hoja" are consumed year-round, they are a definite protagonist on a Dominican Christmas table.

Rice has become a primary ingredient in Dominican cuisine. Therefore, in addition to eating it plain with a variety of stewed beans on the side, dishes such as the locrio (similar to the Spanish "paella" but with different ingredients) and the varieties of morros (rice and beans cooked together), made with ganduls, red beans or black beans, are part of a daily Dominican culinary ritual.

In addition to the highly claimed sancocho, other similar dishes that reflect the Dominican culture during special gatherings are the asopao (a "brothy" rice), the stewed tripe or cow legs, and the chickpeas cocido (stewed and savory garbanzo beans).



*The basis of the most popular Dominican desserts are coconut, milk and corn.*

## DESSERTS

The most emblematic Dominican dessert is known as habichuelas con dulce (literally, beans with sweet), traditionally consumed during the Lent season, a celebration of the Catholic Church. This dessert is made by cooking red beans with spices, milk, sugar and sweet potatoes. Despite its seasonal preference, "habichuelas con dulce" can be found throughout the year in different confectionery shops and in some restaurants.

The basic core ingredients of most popular Dominican desserts are coconut, milk and corn. Some of these sweets are the majarete (a corn custard), coconete (a soft coconut cookie), jalao (chewie coconut and molasses balls), arepa (a corn flour and coconut milk torte), chacá (crushed dry corn with coconut milk cooked with sugar and spices), cortadito (curdled whole milk dessert with cinnamon and green lemon grind) and the chicharrón de leche (fresh cheese "fried" in sugar and cinnamon syrup).

The abundance of local fruits transforms city streets into a true tropical paradise with vendors who cut and readily prepare a fruit salad. Also, our heritage as important sugarcane producers is the reason you will find a large selection of crystallized fruits and fruit-based sweets in syrup, among other varieties, that are an essential part of the extensive menu of traditional Dominican desserts.



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## TAINO HERITAGE IN DOMINICAN CUISINE

The indigenous cuisine was the preamble of the gastronomic knowledge that today represents the Dominican culinary heritage, followed by Mediterranean cuisine, mainly Andalusian, continuing with the *Maniel*\* culture that introduces African customs in the diet, and finishing with the presence of the kitchen of pirates, buccaneers and filibusters.

The first encounter of the Spaniards with Taíno foods took place a few days after their arrival in 1492. The Spaniards, with intentions of identifying valuable discoveries on the island, made their first expedition on land. The Taínos opened their homes and offered cassava, sweet potato, casabe, fish, among other things. The Spaniards also adopted the local agricultural techniques for their subsistence, as well as the available hunting, fishing and gathering practices that the Taínos used.

The first gastronomic experience when both cultures shared table occurred on December 16, 1492 when Admiral Christopher Columbus received onboard the Santa María one of the Northwest chiefs of the island. This is the first time that the Taínos tasted bacon, honey, “navigation cracker” and maybe cheeses and chickpeas.

Later on, other important banquets took place, where chief Guacanagarix offered Christopher Columbus exquisite delicacies, such as shrimp, manatee meat, turtles, iguanas, tubers like mapuey and the bread



*Fruits such as jobo, anón, papaya, caimito, **pineapple**, mamey, guanábana or soursop and guava, which are consumed today on a daily basis, were an important part of the aboriginal diet.*

that would later save the Spaniards on their return trip, the great protagonist of our Taíno heritage: *casabe*.

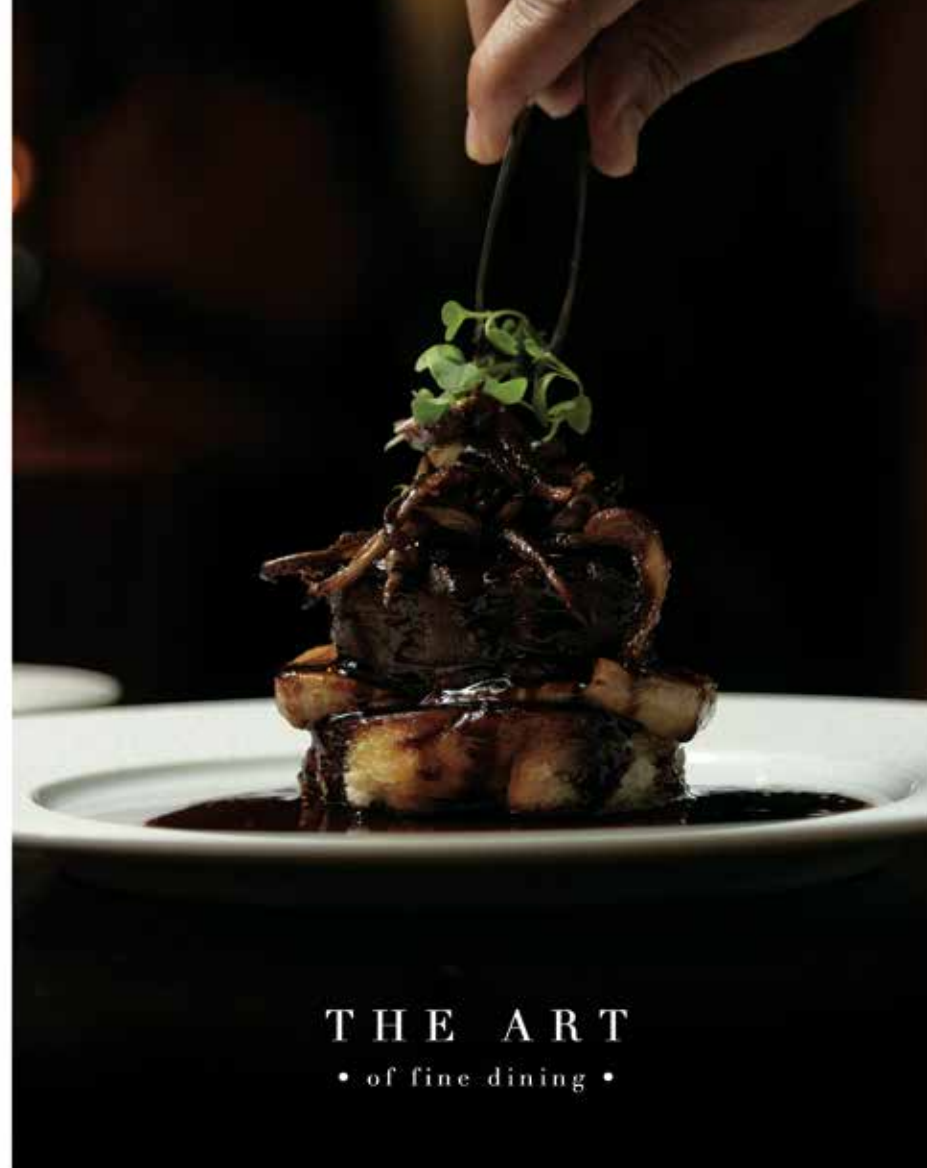
### PRODUCTS AND PREPARATIONS OF THE INDIGENOUS HERITAGE

#### Fruits

In addition to the mentioned tubers, fruits such as jobo, anón, papaya, caimito, pineapple, mamey, guanábana or soursop and guava, which are consumed today on a daily basis, were an important part of the aboriginal diet. Some of them can be easily found in markets and in mobile fruit stalls called “marchantes” or “fruteros”.

#### Casabe, the bread of the natives

*Casabe* is a white sort of flat cake, toasted, made with the dough resulting from grating the yucca or cassava. It is roasted on a stone oven called *burén*. For three centuries, *casabe* would also be the common bread of the Spanish colony. At the beginning of its



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\*The term “maniel” or asylum refers to a “refuge for African and Indian slaves” where those who escaped slavery during the 16th century settled. Usually the “manieles” were places of little access located in the mountains, difficult to find and surrounded by fertile lands. (Source: Ministry of Culture).



settlement here, it replaced the navigation cracker and the cake of the Spaniards, thus becoming the principal subsistence food during the long transfers from the island to Spain. *Casabe*, cassava bread, cornbread, *guáyiga* bread, *arepa*, *catibía* and *guánimo* are dishes derived from the indigenous recipe book. All were incorporated from the beginning into the colonial diet and still remain alike many of the Taíno fruits.

## TAÍNO GASTRONOMY

Some of the aforementioned indigenous elaborations are typical of particular regions of the country, where they tend to be found more frequently. The *guánimo*, for example, a dish made with grated corn and wrapped in corn husks and then boiled, is typical of the Northwest of the country and is easy to find in Mao or Montecristi.

The style of cooking of Taínos was characterized by the absence of fats or oils, since they boiled or roasted food, although the most common was the consumption of raw products. Hence our current habit of eating the prized and sweet roasted sweet potato.

The sweet potato, also known as *batata* or *boniato*, was one of the tubers quickly adopted by the Spaniards, who preferred to eat it grilled for several hours, as it is still cooked today. In particular, it is customary to stop on the section of the Duarte Highway, corresponding to Villa Altagracia, to purchase marvelous freshly roasted tuber.



*Casabe, cassava bread, cornbread, guáyiga bread, arepa, catibía and guánimo are dishes derived from the indigenous recipe book.*

### Mabí

This is an effervescent indigenous drink that has lasted until today. It is made from the fermentation of the bark of trees, such as the Indian vine, and the *cacheo* palm, some fruits, spices and sugar.

It is a bottled drink that should be consumed cold. The Mabí Seibano, named because the greatest tradition of making it is in the province of El Seibo, can be found in markets, hostels and supermarkets in almost the entire country.

### Tobacco

This crop originating in the Cibao Valley, located in the northwest of the island, constitutes the most important economic inheritance left to us by the Taínos, who used it not only for smoking, but also for healing.

Currently, the Dominican Republic is the leading exporter of quality cigars in the world and holds deserving awards with brands such as Romeo and Juliet, Arturo Fuentes, Partagás, Cohiba, Montecristo, Davidoff, La Aurora and La Flor Dominicana. In the Province of Santiago de los Caballeros, and in La Romana, you will find the most representative large tobacco factories, as well as some 300 family factories.

*The sweet potato, also known as batata or boniato, was one of the tubers quickly adopted by the Spaniards.*





## PRODUCTS AND SUPPLIES OF DOMINICAN GASTRONOMY

The gastronomic products in the Dominican Republic are diverse, thanks to different geographical factors which correspond to a tropical zone considered to be the one with greatest biological diversity on the planet. The country produces countless crops that are leaving a mark or “country brand” outside our borders.

### Coffee, cocoa and tobacco, world class gastronomic production

These three Dominican products represent a long tradition of successful consumption in national and foreign markets, where they are considered of the highest quality in the world.

#### Cocoa

Dominican cocoa has a particular seal that has made it the main protagonist of its class in the export market, since the Dominican Republic is the largest producer of ethical cocoa in the world. This means that production is carried out with minimal negative impact on society, natural resources, animals and ecosystems.

The environmental conditions, and the quality of our soil, confer attributes that are not matched by the crops from other parts of the world. Of the national cocoa production, more than 40% is classified in international markets as fine or aroma cocoa, which allows the country to be placed in second place among the producing nations of fine cocoa with greater and better characteristics.

In our country two types of cocoa are produced: Hispaniola, undergoing a fer-

mentation process after it is cut, and Sánchez, produced in natural conditions from the time it is collected from the soil until it is dried.

There are excursions called cocoa routes, that allow interested parties to know firsthand the process of making quality Dominican chocolate, from the tree to the famous end product.

#### Coffee

For over a hundred years, Dominican coffee has been placed as an exclusive and highly valued product in the international market, considered by expert tasters as soft, aromatic and like “a kind of chocolate”. Coffee began to be grown in the Dominican Republic in 1735, in Barahona and other southern provinces. From that date, it quickly spread to several regions of the national territory, becoming one of the main agricultural crops in the country.

The most important and recognized brand is Café Santo Domingo. However, in the last five years the production of specialty coffees by small entrepreneurs and coffee communities has grown significantly. The first coffee with a quality certification mark in the Dominican Republic is *Café Monte Bonito*.

On the other hand, Café Valdesia is the only coffee in the world that has been recognized by the European Union as Protected Designation of Origin (PDO) and the only agri-food product on three continents (Oceania, Africa and America) that obtains this quality seal under the European community registration system.



#### *Majarete.*

*It is a dish made of grated sweet corn, coconut, milk, sugar, cinnamon and sweet cloves.*

#### Casabe

It is a type of unleavened bread (without yeast) whose main ingredient is cassava. This emblematic round, thin and crispy flat cake is a product of wide consumption and great appreciation for representing our Taíno roots.

*Casabe* is an ideal companion for crispy pork belly and roast pork, and is easily found in hostels, dinners and supermarkets. Its main manufacturing origin is in the municipality of Monción, in the Province of Santiago Rodríguez, which has about 52 small and medium processors. The Dominican Republic is the main exporter of *casabe* in the world, being its main markets, United States, Puerto Rico, Canada, Panama and Spain.

It is in the process of being proclaimed by the UN as Intangible Cultural Heritage of Humanity. This has been presented by the Ministry of Culture of the Dominican Republic together with Cuba and other countries producing *casabe*. The Dominican Academy of Gastronomy, through its

international networking and efforts, has been a key piece in facilitating the materialization of this event.

#### Coconut

Coconut is a conventional element in Dominican cuisine and mainly in the region of Samaná. *Moro* (rice cooked with beans), fish and seafood cooked with coconut milk and oil are traditional and distinctive dishes of the province. In addition, it is the main protagonist of a wide variety of Dominican sweets and desserts.

The Dominican Republic is among the 25 largest coconut producing countries in the world. The country celebrates the relevance of this product with the realization of two national festivals that pay tribute to its gastronomic and artisanal use.

#### Mango

The Dominican Republic is among the 20 exporting countries of this fruit worldwide. It is an agricultural product of great tradition in Dominican cuisine and rep-



### **Mangu.**

*Mashed green plantains, seasoned with olive oil and salt. Usually served with fried eggs, fresh or fried cheese and fried salami.*

resents a symbol of identity of Baní, called the capital of the Dominican mango.

Every year, Baní, provincial capital of Peravia, is visited by thousands of Dominican and foreign tourists to enjoy the great variety of mangoes that are produced in the country. Among the best known are Banilejo, Guerrero, Mamellito and Fabricó. The area with the highest incidence in mango production in the country is concentrated in the provinces: Peravia, San Cristóbal, Azua, San Juan, Barahona and Bahoruco, which agglomerate just over 85% of the total production area.

### **Green Plantain and Banana**

This agricultural item is a vital component in the Dominican diet, consumed as fruit (when ripe) and as food while still green. The Dominican people have identified themselves so much with the green

plantain that it is a symbol of Dominican nationality. Dishes derived from this product are mangu (mashed boiled green plantain), mofongo (fried and mashed with crackling pork belly), "pasteles en hoja", tostones (fried green plantain), fried ripe plantain and ripe plantain pie.

As for organic bananas, the Dominican Republic represents at least 55% of world production.

### **Rum**

The production of rum is of long tradition in the country. Sugarcane made its entry into Dominican history since the beginning of the Spanish colony, being for many years the most important economic sector for the country. Parallel to sugar production, rum emerged as a complementary industry, perfecting itself during four centuries.

Due to the experience in the elaboration and quality management of the product, the Dominican rum industry has achieved a position of high prestige around the world.

Among the merits that define the Dominican rum as a premium product is the rigorous aging process that provides its characteristic aroma and flavor. In addition to aging in American oak barrels, as has traditionally been done, they age in more than one type of barrel, for more than a year. Brugal, Barceló, Bermúdez, Siboney, Don Ron, Macorix and Punta Cana, are some of the main known brands of Dominican rum.

### **Tobacco**

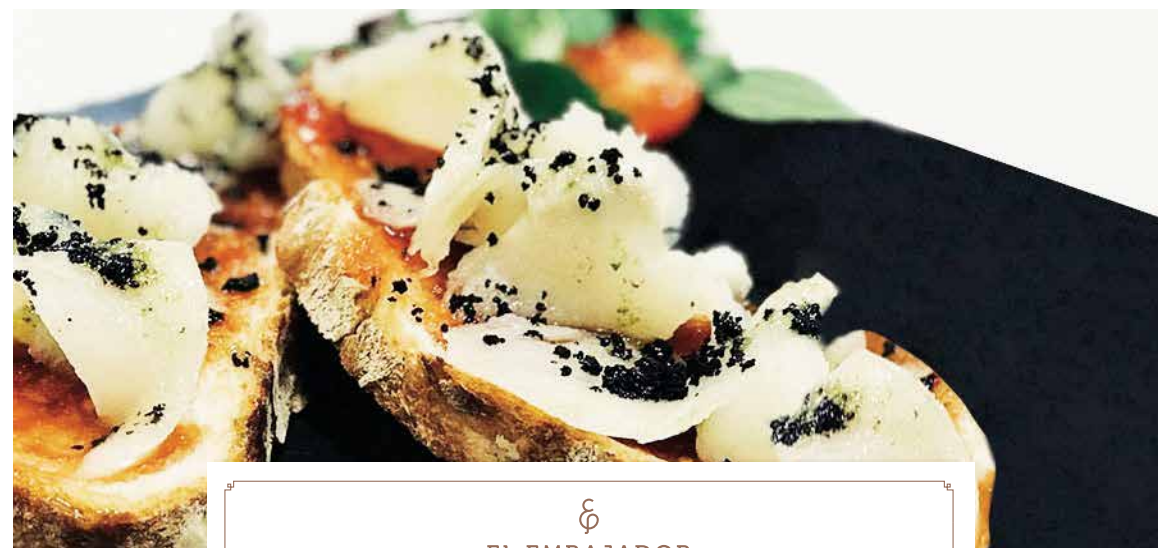
Cigar fans will find a special place in the Dominican Republic, as the country is ranked as the number one exporter of premium cigars in the world.

Hispaniola was the first territory in the world where tobacco was planted for com-

mercial purposes. Its cultivation dates back to the Taínos, gradually evolving and experiencing a revival in the twentieth century with the arrival of tobacco growers and important world renowned companies that produced highly regarded hand-made premium cigars that settled in the Dominican Republic escaping the revolution that took place in Cuba in 1959.

Producing and exporting the best tobacco in the world, and world-class handmade cigars, is the combined result of good soil quality, favorable microclimate diversity, excellent native and introduced tobacco varieties, as well as expert producers and craftsmen.

Thanks to the number of brands produced in the country, the Procigar International Festival is held every year, a multi-day event that takes place both in La Romana and in the Province of Santiago, to enjoy the quality of our cigars and get to know in depth this Dominican industry of so high world prestige.



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# GASTRONOMIC TOURISM IN THE DOMINICAN REPUBLIC

**D**ue to the diversity of our geography and orography, we can enjoy a wide variety of iconic dishes, products and gastronomic experiences particular to each region of the Dominican Republic. We invite you to indulge in the flavors of our land and participate in a gastronomic adventure throughout our country.



*Monument to The Heroes, Santiago.*

## SANTIAGO

The tobacco industry is a cornerstone of its economy, the region being an important producer and exporter of cigars, coffee and cocoa.



*Bahía de las Águilas beach, Pedernales.*

## BARAHONA

The Province of Barahona, in the southwest corner of the country, has an extensive coastline of turquoise waters that houses an interesting pantry of seafood.

## NORTH REGION

*City of Puerto Plata.*



## PUERTO PLATA

Puerto Plata has managed to integrate the influence of immigrants, and at the same time develop its own and peculiar gastronomy with a great diversity of iconic dishes and products.

## SAMANÁ

It has a gastronomic diversity that stands out for the exuberance of its seafood and the use of coconut as the most important ingredient.



*Los Haitises National Park, Samaná.*

## BÁVARO-PUNTA CANA

The reputation of this destination in the eastern part of the country has surpassed even that of the Dominican Republic worldwide. The opening of restaurants and the birth of diverse gastronomic experiences are in all their splendor.



*Punta Cana.*

## SOUTHEAST REGION



*Altos de Chavón, La Romana.*

## LA ROMANA-BAYAHIBE

This province in the southeast of the country is privileged with a solid tourist activity through its beaches and world-renowned infrastructure.



*Cathedral of Santo Domingo.*

## SANTO DOMINGO

In addition to award-winning restaurants, nationally and internationally awarded chefs, products recognized for their quality worldwide, Santo Domingo has a thriving urban gastronomic activity.

## SOUTHWEST REGION

### Barahona

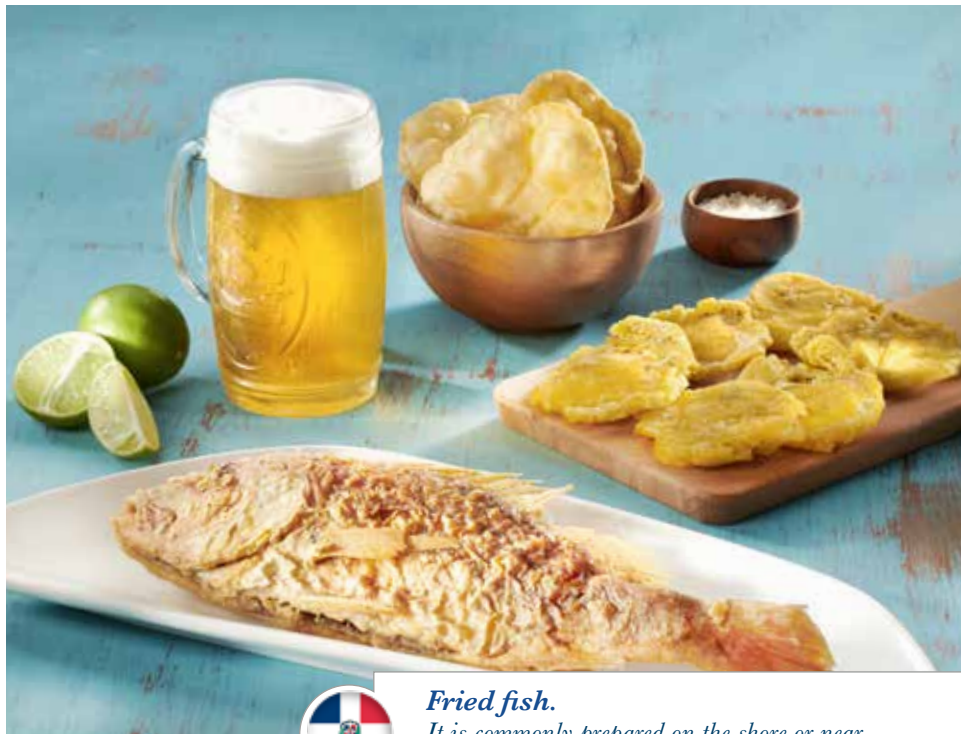
The Province of Barahona, in the southwest corner of the country, has an extensive coastline of turquoise waters that houses an interesting selection of seafood, such as blue crab, lobster, lambí (conch), bulgao (a type of sea snail) and octopus. From the catch of the day it is possible to eat grouper, dorado (mahi mahi), carite (king fish), sardines, chillo (red snapper), colirrubia, tuna and albacore, among other species.

Barahona has wonderful river beaches, such as *El Quemaito Beach*, San Rafael and Los Patos, with food stalls that offer seafood prepared in a typical way by the locals. Visitors can enjoy fresh dishes such as fried

fish, coconut fish, lambí vinaigrette and grilled lobster, with traditional garnishes represented by tostón (fried plantain), ganduls with coconut or rice with stewed beans. The cassava “bollito” (fritter) stuffed with fish is a specialty of this location that is worth tasting.

*La Esquina de Fidel* is a popular Café in town for its variety of traditional sandwiches, such as lambí, shrimp, lobster, herring and fish. The natural fruit juices they offer include rare options such as *granadillo* and *zapote*.

There are local products developed in a community way that deserve to be tasted.



#### **Fried fish.**

*It is commonly prepared on the shore or near beaches. It is seasoned with salt and pepper, passed through flour and fried in oil.*

Such is the case of artisanal jams of “*De Mi Siembra*”, made from soursop, passion fruit, banana, guava and mango. These are prepared by the women of the Cooperative for the Development of La Ciénaga, who, with prior reservation, also prepare a delicious typical lunch that includes *moro* (rice dish) or a stew with the leaves of a bush called “Pavilion of the King”, used by the locals from long ago to feed the malnourished children.

In the community of Pescadería, Fundación Municipality, there is *La Cabrita* project, which breeds alpine goats to produce cheese, yogurt and pasteurized goat's milk. The project is directed by the Association of Milk Producers La Cabrita.

When you are in Barahona, it is essential to visit the Larimar Museum and Workshop School, dedicated to training local youth to work this national stone, unique in the world. Jewelry made by skilled artisans is sold in the shop-museum.

## SOUTHEAST REGION

### La Romana

This province, situated in the Southeast of the country, is privileged with a solid tourist activity attracted by its beaches, world-renowned golf courses, resorts, buildings, cruise terminal and international airport.

It houses the *Tabacalera de García*, the largest tobacco factory in the world, and the Cigar Country Megastore, in La Estancia residential tourist complex, also considered the largest store of its kind in the Caribbean.

Some of its gastronomic attractions originate in immigrant settlements. Such is the case of *Shish Kabab*, established since 1969,

a favorite place of the local people, as well as of tourists and famous artists, for its crunchy and emblematic *kipes* (Arab heritage similar to a fried croquette, made with wheat and ground beef) and *catibias* (pastries of Taíno origin made with cassava dough). Address: Francisco Castillo Márquez Street No. 32, telephone no. (809) 556-2737.

Likewise, other establishments worth visiting are the *Trigo de Oro*, a French bakery recognized for the variety of its breads and cozy place in the center of town, near the park and the main church; *Handmade Micropanadería*, small bakery with a very limited production of artisanal daily bread, using home-made sourdough, long fermentations and the best flours; *Convivium Slow Food Chavón Yuma*, first cell of the Slow Food Eco-Gastronomic Association in the East of the country, offering breakfast service and an organic fruits and vegetable garden, located in the town of El Limón, at the Hotel Caserma; in La Caleta, the only beach at the entrance of the city, you taste fresh fried fish, ideal to enjoy with a very cold beer; *Studio Kitchen - The Chef Table*, a space dedicated to learning, where Dominican chef Gabriella Reginato (gabriellareginato@gmail.com) provides cooking workshops for children, teenagers and professionals, and once a month turns the space into a large table to prepare thematic dinners with their respective beverage pairings, for a small audience of 15-18 people; *Chocolate Mabel*, *Factory Tour*, manufacturing, exhibition and sale of chocolates and derivatives of Dominican cocoa. In La Estancia Square, La Romana-Bayahibe Highway KM 12.5, El Limón.

La Romana also has a wide variety of restaurants and gastronomic establishments, as well as food truck parks, such as *Cañaveral*, on Altagracia Street No. 15. Some of the most prominent are:





#### **Locrios and Moros.**

Rice-based dishes such as **locrio** and the variety of **Moros** (gandul, red beans and black beans), are part of the daily meals in Dominican homes.

- Chinois, Chinese food. Duarte Street corner of Restoration Street.
- SBG, fusion cuisine, in the Marina de Casa de Campo.
- Peperoni, fusion cuisine, also in the Marina de Casa de Campo.
- La Casita, Francisco Richiez Street, No. 57.
- The Mexican Taquito, Francisco Castillo Márquez Street No. 13.
- Punto Italia Restaurant, Av. Libertad No.1.
- Toñitos Grill, Av. Libertad corner of Santa Rosa Street.

#### **Bayahibe:**

- Barco Bar, La Bahía Street.
- Captain Kidd, Bayahibe Road No. 1.
- Chiky Blu, La Punta.
- Kukka Beach Restaurant by Alkquimia, Public Beach, Bayahibe Road.

- Mama Mia, Los Melones Street.
- Saona Café, Calle Bahía Street No. 1.

#### **Bávaro and Punta Cana**

The excellent worldwide reputation of this destination in the Eastern part of the country is well established, coupled with a flourishing of excellent restaurants and splendid gastronomic experiences.

It is possible to find here some exotic establishments such as *Passion*, the restaurant of world renowned chef Martín Berasategui, who holds a total of 12 Michelin stars; or *Bachata Rosa*, a novel gastronomic concept that combines Dominican and international cuisines with music inspired by our award-winning composer Juan Luis Guerra.

In addition, this area of Bávaro and

Punta Cana has countless good restaurants such as *Captain Cook*, famous for its fresh seafood barbecue on the shore of El Cortecito Beach; *Bar Trattoria Mamma Luisa*, Italian restaurant, with family treatment, in Galerías Punta Cana; *La Casita de Yéya*, located in the Downtown Center Food Court, offering typical Dominican dishes; *A Mare Crudo Bar & Cucina*, in Palma Real Shopping Village, by renowned Italian chef Ciro Casola; *Church*, in Cap Cana; *La Palapa*, by Eden Roc; among others like *Lorenzillos*, *Noah*, *Saffron*, *Nakamura*, and *Isabella Steak & Bistro*.

On the other hand, there are establishments such as *Queso de Valle Gina*, located on the road of Verón-La Otra Banda, where you can find the “leaf cheese” (“queso de hoja”) of Valle Gina, a Dominican fresh cow milk cheese, very much appreciated by locals and visitors.

Another interesting rural gastronomic attraction is in La Otra Banda, recognized for its “chicharrón de leche” (fresh milk cheese “fried” y sugar syrup), pork sausage and bacon, sold in tarantines and butchers located on both sides of the road.

#### **Santo Domingo**

Reiterated by the Ibero-American Academy of Gastronomy as Capital of the Gastronomic Culture of the Caribbean, Santo Domingo has become the mecca of Caribbean cuisine, attracting the visit of renowned international chefs, such as Massimo Bottura, Virgilio Martínez, Leo Espinosa, Jorge Vallejo, Jordi Roca, Joan Roca, Martín Berasategui, Jesús Escalera and Juan Manuel Barrientos, among others.

Thanks to the existence of great and emerging restaurants, the Dominican Republic has served as a bridge to bring haute cuisine to new dimensions in the Caribbean and America.

In addition to award-winning restaurants, nationally and internationally awarded chefs, and products recognized for their quality worldwide, Santo Domingo has a thriving urban gastronomic activity.

More than a dozen gastronomic parks house numerous food trucks of all kinds: Dominican, thematic, international, Caribbean, which account for the growth of gastronomy as thriving economic sector.

We invite you to enjoy not only our best restaurants, bars, diners and other food establishments, but also street vendors with a variety of freshly cut tropical fruits, coconut water, among others, that can be found in many corners of the city.

## **NORTH OR CIBAO REGION**

#### **Puerto Plata**

Like the “Cristo Redentor” (Christ Redeemer), with his arms open on the top of the Isabel de Torres Hill, Puerto Plata has managed to integrate the influence of immigrants, and at the same time develop its own and peculiar gastronomy with a great diversity of iconic dishes and products.

This is how you can find in this province the *Jewish bread*, brought by the Hebrew colony that was established in Puerto Plata in 1940, to celebrate Shabbat; the *Journey Cake*, or the English bread of the Gilbert McKennzy family, introduced by immigrants from the Lesser Antilles.

Among the emblematic dishes of this region are the *cow tail sancocho*, the *locrio de pava* (savory rice with pumpkin), the *agua-jí* (green plantain and vegetable soup), as well as its *casabe*, which differs from that of Monción because it is of softer texture, especially the *San Piñé* brand, roasted in fire-





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wood, sold in supermarkets and shopping centers in Puerto Plata.

Likewise, it is recommended to try *Dulces Doña Agustina*, considered an emblem and added value for the province. With a tradition of over 40 years, these homemade sweets, in the historic center of Puerto Plata, offer a representation of the agro-industrial production of the area, with their milk sweets, coconut with milk, coconut with sweet potato, coconut with pineapple, guava, orange, sour milk and *jagua* (an endemic fruit with diuretic and other medicinal properties).

**Other delicacies of Puerto Plata are the following:**

**Julia Cookies:** a family business of

several generations that has created a type of biscuit, crispy, made with an artisanal method of Mrs. Julia de González. The establishment is located on Cardenal Sancha Street.

**Quipes Bojos:** famous for its quality and homemade flavor, dating back to a tradition of more than 30 years. Located on Margarita Mears Street, it is still the business of a family of Arab-Lebanese origin.

**Heladería Mariposa:** popular Austrian ice-cream parlor and confectionery recognized for its tropical fruit tamarind ice cream, beach grape and passion fruit, as well as its delicate pastries. Located in front of the Central Park.

**Melao bonbons:** made with the *melao*



**Pasteles en Hoja (Leaf cakes).**  
A bun wrapped in banana leaf, made from green plantains or cassava dough with pork, beef or chicken.

(molasses), a byproduct of the sugar cane production process, and cooked in a wood-fired oven, a true tradition on the road that leads to the beaches of Luperón. These sweets are usually enjoyed with the famous Dutch-style Geo Heinsen cheeses, whose factory is also in the municipality of Imbert. This cheese is a tradition of almost 90 years, product of German immigration that arrived in the country during the early 20th century, having earned the gold seal three times as the best cheese in the Caribbean.

**Chocolate from the Altamira Basin, CHOCAL:** artisanal chocolate and several by-products made by a community association that groups no less than twenty women. It is possible to take a tour of the Altamira cocoa trail, where you can experience the whole agricultural process from planting to harvest.

The offer of native food can be found in restaurants such as *El Manguito*, on the way to Playa Dorada, specialized in seafood and soups; *Skina Bar & Restaurant*, a proposal of the portorienteña and national cuisine with dishes such as mondongo, patimongo, stewed cow tail, pipián, and the famous 'national flag' (rice, beans and stewed meat). Some international cuisine restaurants recognized for their cozy atmosphere and cuisine are *Las Palmas*, *Los Tres Cocos* and *Le Papillon*.

On the road of Puerto Plata-Maimón there is a 'must stop' for fresh fish lovers, prepared immediately before their eyes, with more than a dozen establishments. This is Maimón, the ideal place for those who want to eat the best fried fish.

On the same road, it is recommended to try the fried '*Chula Mia*' (yucca stuffed with ground beef) and a '*Frikítaki*' (typical sandwich with water bread, ground beef, raw cabbage, fried egg, tomato, ketchup and mayonnaise), *Boruga* Chaplain and drink natural coconut water in any historic corner of Puerto Plata.

## Samaná

Samaná, a province in the northeast of the country, has beautiful beaches, such as Rincón Beach, considered among the ten most beautiful in the world, and a gastronomic diversity that stands out for the exuberance of its seafood and the use of coconut as the most important ingredient. Emblematic of the heritage of the *Cocolo*\* culture in this place.

The French influence, in addition to the Cocolos, has made a peculiar cuisine flourish in Samaná that is characterized by recipes and foreign culinary methods, along with a large variety of fish and shellfish from the region. One of the most representative experiences that Samaná offers is to consume the catch of the day in any of its beaches, in informal establishments improvised by the locals. *Moro* (rice cooked with beans) and fish, both with coconut, are the main dishes that can be found in any beach dining room.

The *Pueblo de los Pescadores* (Fishing Village), in Las Terrenas, is a mandatory visit. It has a great culinary miscegenation thanks to the large number of foreigners that have been established there, significantly influencing the culinary art tradition of the area. You can find dozens of French, Italian and German restaurants and bars

\*The Cocolo culture refers to ethnic English-speaking groups that began arriving in the country as of the 19th century to support the emerging sugar industry. Although most of these immigrants came from the English-speaking Lesser Antilles, the descendants of North American freed slaves, equally English speaking, were also referred to as Cocolos and were mainly located in Samaná.



### ***Shrimps from Sánchez.***

*Sánchez is a municipality in the province of Samaná in the northeast of the island, which stands out for the quality and taste of its seafood.*

that fuse local products and uses with European techniques.

### **Some of the restaurants recognized in this area are the following:**

- Atlantis Restaurant in Playa Bonita: French cuisine in Las Terrenas, Samaná, adapted to local products. Chef Gerard Prystasz, who was chef of the Presidential Palace during the government of Francois Mitterand.
- Le Tre Caravelle: Italian-Native restaurant. Calle 27 de Febrero Street, 32000, Las Terrenas, Samaná.
- Le Paco Cabana, seafood restaurant: in the center of Las Terrenas, in front of El Paseo Shopping Plaza.
- La Terrasse, Dominican and refined cuisine: Fishermen's Village 32000,

Las Terrenas, Samaná.

- At Valerio: typical Dominican restaurant in Cosón beach that preserves the folk style with a specialty of seafood and fresh fish.
- Mata Rosada: French cuisine with local specialties, in the center of Santa Barbara, in front of the Seaside and with the view towards its emblematic bridges and keys.

There are also dishes and drinks typical of the region that we must highlight. These are:

- The *yinyabié*, a kind of ginger beer, an inheritance of the Cocolo influence.
- *Tautía*, yucca or corn bread, English breads and cocktails in D'Veja, Carretera Samaná-Las Galeras.

And to learn about the organic production of tropical fruits, a mandatory visit is the Pachamana Farm. Its owners share their knowledge about organic farming and show the semi-artisanal factory.

### **Santiago**

This province is located towards the North of the island, in the Cibao Valley. The tobacco industry is a cornerstone of its economy, the region being an important producer and exporter of cigars, coffee and cocoa.

It also has a culinary inventory that is the pride of Santiago. Traditionally called the "Heart City", it's also known for its '*Lechoneras*' (specializing in fire roasted pork), whose most popular are Milito, Chito and Embrujo, where locals and foreigners seek the best "*puerco en puya*", emblematic dish of Dominican cuisine.

Santiago also attracts visitors who enjoy tasting the famous "*yaroas*", a dish that represents the urban nightlife of this city, with ground meat (beef, pork or chicken), grilled with onion, oregano, paprika, red chopped peppers, chili pepper, salt and ground black pepper, then mixed with cream cheese, ketchup and mayonnaise, mounted on a bed of mashed ripe plantain, or french fries, with lots of grated mozzarella cheese. Around the monument of Santiago are the principal street establishments or food trucks that offer the typical "*yaroa*".

### **Other worthwhile dining experiences are:**

- Breakfast at La Campagna in the Villa Olga sector, where the specialty is fried cheese with a tasty mangú and scrambled eggs.
- Kipes and very cold beers on Saturday afternoons at Casa Bader; a tradition

since 1939, representing the Arab influence in Dominican cuisine.

- Lunch at El Pez Dorado, Chinese and international food. Open since 1964, Open since 1964, located on 43 Del Sol Street, opposite of the Colón Park in the same historical center.
- Dinner at the Saga restaurant and Cigar Club, for great meats and an attractive wine list including a traditional cigar lounge for smokers.
- Lunch or dinner at Camp David Restaurant, located on the Gregorio Luperón Highway Km 7.5, in Gurabo, which will allow you to enjoy a panoramic view of the Cibao Valley, from a height of 2,000 feet above sea level, in comfortable and elegant facilities, while savoring international and Dominican cuisine prepared with products from the region and imported.
- The Aurora Factory Tour. Visit the oldest and one of the most prestigious factories in the Dominican Republic where you can appreciate the manual cigar rolling process. Also check out the museum that covers more than 110 years of history of this emblematic company, including its tobacco ranch.

Of course, there are other restaurants that deserve mentioning as options offered by the city of Santiago. They are:

- La Trattoria de Claudio, General Eusebio Manzueta Street, Santiago De Los Caballeros.
- La Taberna de Pepe, 6 Mauricio Alvarez Street, Santiago De Los Caballeros.
- Barttola Brasserie, Av. February 27, Plaza Garden.
- Noah Restaurant, Del Sol Street, near France Avenue.





### **Spicy Stewed Goat.**

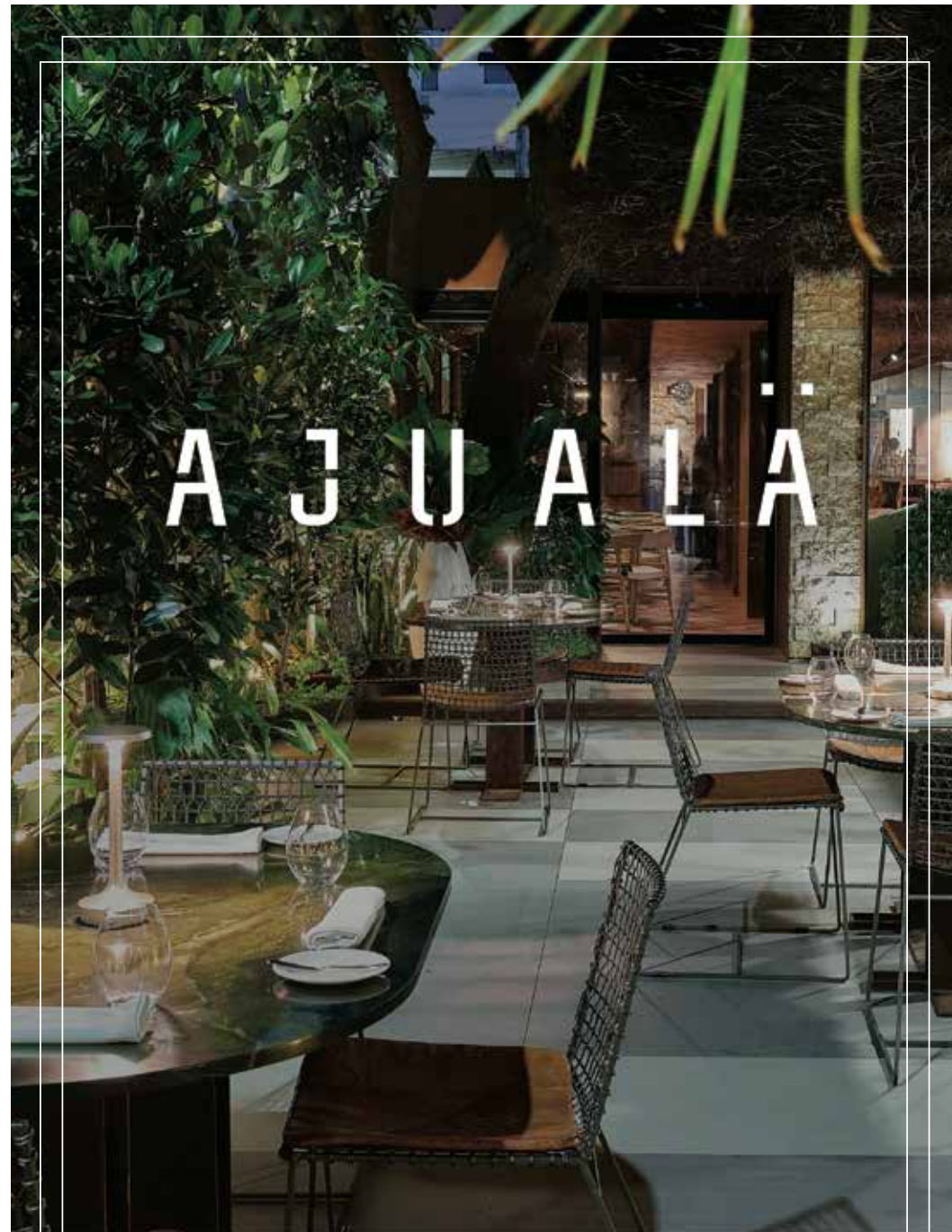
*It is a recipe from the northwest of the country where it is said that goats feed on wild oregano, which makes it a very tasty meat.*

- BBQ Express, Metropolitan Gardens.
- El Tablón Latino, Del Sol Street, facing the “Monument”.

Being in the Region of El Cibao a mandatory stop is the Típico Bonao Restaurant, at locations South and North, kilometers 83 and 90 of the Duarte Highway, respectively, in Bonao, Monsignor Nouel Province; a true tra-

dition since 1962. There is also the Miguelina Bakery and Pastry Shop, at kilometer 91 of the mentioned highway. In addition, if your appetite is for a good mofongo (typical dish based on mashed fried green plantain, garlic, olive oil and crispy pork belly), you can visit the famous Mi Mofongo Terrace in Moca, on Av. Coronel Lora Fernández, Moca, 56000, tel. (809) 822-1347.

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## GASTRONOMY IN THE COLONIAL CITY OF SANTO DOMINGO

The Colonial City or Zone is the oldest urban center of Santo Domingo, declared by UNESCO as a World Heritage City, for being the pioneer in the first important constructions of the New World. Today it is still the most entertaining and cultural area of the capital, featuring museums, the first cathedral built in the New World, churches, parks and wonderful restaurants and bars.

You can start your day with a freshly ground coffee at **La Cafetera**, an emblematic meeting point for artistic and literary gatherings since 1930, the year when the Spaniard Benito Paliza, pioneer in coffee roasting in the country, decided to install this aromatic cafeteria on 253 El Conde Street.

Next door to La Cafetera is a French bakery, **Paco Cabana Café**, where you can enjoy a succulent breakfast with delicious sandwiches and croissants. **The Corner Café Pastry Shop**, of the Billini hotel, is a beautiful and relaxed place in the historic alley of the Regina Angellorum convent, ideal for a sweet or savory snack and a hot coffee.

Be sure to try the prestigious pastries and eggplant pie from **Exquisiteces Virginia**, at Santomé Street No. 102, corner of Arzobispo Portes Street. You can also enjoy fresh "paninis", sweet snacks and fresh coffee at **Café Gato**, a place where cat lovers will feel especially welcome, located on Mercedes Street No. 301.

If you prefer to have breakfast with tropical fruits, nuts, natural juices and blends, the ideal place would be **Benefruta**, a fruit market and cafeteria of great popularity among natives and foreigners, open from 7:00 in the morning on Arzobispo Portes Street.

The dining entertainment options in the Colonial Zone are diverse. There you can learn more about chocolate and cocoa, try different processes of cocoa beans and make your own chocolate bar in the **Chocomuseo** or **Kahkow Experience**, located on Arzobispo Meriño Street No. 254 and in Las Damas Street No. 102, respectively.

### Museo del Ron y la Caña (Rum and Sugar Cane Museum)

This museum reveals the history of the sugar cane industry and the production of rum in the Dominican Republic, as well as the role played by the Brugal, Bermúdez and Barceló families in the internationally recognized Dominican spirits tradition. Here you can learn about the equipment used to make rum, as well as taste different types of rums and cocktails, as well as buying souvenirs.

Opening hours: 9:00 am to 5:00 pm, Monday through Friday, Saturdays until 2:00 pm. Located at Isabel La Católica Street, corner of Restauración Street.

### La Casa de los Dulces (The House of Sweets)

For decades, this has been the place



### *Habichuelas con dulce (Sweet Red Beans).*

*One of the most distinctive desserts of Dominican cuisine and a tradition of Lent. Its basic ingredients are: red beans, sugar and cow's milk; and to a lesser extent coconut milk, sweet potatoes, raisins and spices.*

to get almost all the variety of Dominican sweets, as well as the most symbolic cheeses: Higüey leaf cheese, Geo Heinsen cheese from Puerto Plata and the gold standard Cheddar cheese, the latter with an uninterrupted production of more than one hundred years. 106 Emiliano Tejera Street, corner of Arzobispo Meriño Street.

On El Conde Street, just in front of the statue of Columbus, is **Jalao**, with its exquisite offer of typical Dominican cuisine in a musical and very picturesque atmosphere, exhibiting images and memorabilia representing the Dominican culture. Its menu includes many representative dishes such as asopao, cassava rolls or goat croquettes.

Close to the previous location is a restaurant considered a heritage of Dominican cuisine: **El Mesón de Bari**, frequented by artists and intellectuals, who have covered the colonial walls with their Dominican paintings, and the recreation of a bohemian atmosphere that characterizes it. Their catibías stuffed with stewed crab or conch (lambí - in season) are iconic, as is their stewed goat in its two versions: in pieces and shredded. Located on 302 Hostos Street, corner of Salomé Ureña Street.

In the Plaza España (Spanish Square), a historical space that houses important colonial monuments such as the Columbus Alcazar, there is a building dating back to 1505, where the first tavern in the Amer-





#### **Dominican sweets.**

*They are delicious and are characterized by the great variety of tropical fruits and fruits with which they are made, such as coconut, pineapple, orange and figs, among others.*

icas operated. Today it hosts **Pat'e Palo Restaurant**, one of the most recognized for the quality of its international cuisine and the constant renewal of its menu. This European Brasserie is characterized by the use of premium ingredients and fresh seasonal products used in an innovative way. Located on 25 Atarazana Street.

The Atarazana hosts a diverse offer of restaurants such as **Pura Tasca**, **Angelo** and the **Atarazana Restaurant**, first to establish itself in this commercial street and also pioneer in its consideration as a Dominican Treasure. La Atarazana Restaurant offers typical Dominican cuisine, as well as international.

On 203 19 de Marzo Street you can find the **Casa Gastronómica Siglo XVII** (17th Century Gastronomic House), of the renowned Dominican chef Leandro Díaz, famous for the "*Barrigón de Leandro*", the traditional Dominican pork rind, with his personal touch, baked with beer and passion fruit. You can also try his "*patimofondongo*", a tribute to several typical Dominican dishes that the chef fuses by mixing the "patimongo" (cooked with beef or pork legs with "*mondongo*" or tripe) with the mofongo (popular dish based on pork rinds mashed with fried green plantains). In addition to the à la carte dishes, you can choose their tasting menu titled "*Que bueno ta' este País*" with prior reservation to [chefleandrodiaz@gmail.com](mailto:chefleandrodiaz@gmail.com).

Padre Billini Park has become a gastronomic place where it is possible to enjoy international, vegetarian, Indo-Dutch cuisine, cigars, wines, deli and tapas, and creative cocktails. Options include: **Lulú Tasting Bar**, **Time Vegetarian Kitchen**, **Cava Billini**, **Indo** and **Arturo Fuentes Cigar Club**. Padre Billini Street, corner of Archbishop Meriño Street.

Right in front of the Billini Park is a classic of the Colonial City: **La Bricciola**, Italian cuisine in a beautiful setting. Ideal for a romantic encounter.

**Restaurant América** is another classic of the Zone that opened its doors in 1954, specializing in Spanish food, seafood and meat. Popular for its seafood paella. 201 Santomé Street, corner of Archbishop Nouel Street.

**Mimosa Restaurant** is also highly recommended by locals for a hearty traditional lunch. We suggest asking for the dish of the day. 53 Arzobispo Noel Street.

For tapas and international snacks, we recommend **Los Navarricos**, with its handmade croquettes and Spanish tapas, good atmosphere and better price. Isabel La Católica Street.

Succulent Colombian pastries and ramen can be found in **Sicily Empanadas**. 257 Sánchez Street.

**El Rey del Falafel** offers Middle Eastern food with a tradition of over twenty years. In this place, you can enjoy the outdoors in its beautiful Spanish patio. Located on Sánchez Street, corner of Padre Billini Street.

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## RESTAURANTS RECOGNIZED BY THE DOMINICAN ACADEMY OF GASTRONOMY

The Dominican Republic has a wide variety of restaurants with tempting menus that show the unfolding of a thriving gastronomic scenario in the Caribbean region thanks to the diversity of its products, ingredients, techniques and the magnificence of its chefs.

As a way of potentializing the positioning of Dominican cuisine in the region and also capitalize on the two-consecutive-year-recognition received by Santo Domingo as Capital of the Gastronomic Culture of the Caribbean, the Dominican Academy of Gastronomy held its first edition of the “**10 Best Restaurants in Santo Domingo 2018**”, recognizing the establishments that achieved the highest score during a rigorous selection process.

These awards were given in order to stimulate the development of the quality of restaurants that represent our best options, as part of a positioning strategy of the country as a gastronomic destination. The establishments were awarded in May of 2019, recognizing those who stood out during the year 2018, taking into account the quality of produce and presentation, as well as service, atmosphere and comfort.

*Below, we present the list of the 10 Best Restaurants in Santo Domingo 2018.*





## LA CASSINA

No. 1 - 2018



La Cassina

Specializing in signature Mediterranean and fusion cuisine, this fine restaurant rests in the expert direction of its Executive Chef, Cristóbal Martos. You will enjoy a meticulous table service in a dashing atmosphere with cozy eclectic design that elegantly combines luxury with a modern zest. La Cassina also has a select wine cellar and can accommodate about 120 people per serving.

504 Roberto Pastoriza Avenue, Santo Domingo.  
Telephone No. (809) 363 4444. IG: @lacassinard

## SOPHIA'S BAR GRILL

No. 2 - 2018



Part of the SBG restaurant group in Santo Domingo, Casa de Campo and Punta Cana. Located in the city center with exquisite decoration, cosmopolitan atmosphere and avant-garde cuisine. Offers an international and creative menu with innovative ingredients and presentation. Its very creative, engaged and renowned Executive Chef is Joaquín Renovaes.

No. 9 Paseo De Los Locutores Street, Piantini.  
Telephone No. (809) 620-1001. IG: @sbgrd



## DON PEPE

No. 3 - 2018



**DON PEPE**  
RESTAURANTE

Classic Spanish food with a wide variety of fish, shellfish, meats, cold cuts, sausages, rice and vegetables. Personalized attention from its owner, Don Pepe Diez, who strives to always have and exhibit the freshest product and the best service.

31 Porfirio Herrera Street, Santo Domingo.  
Telephone No. (809) 563-0441. IG: @restaurantedonpepe

## PAT'E PALO BRASSERIE

No. 4 - 2018



Located in the Colonial Zone, this restaurant is considered among the most successful in the country. Its walls, with 500 years of existence, offer a warm and comfortable atmosphere, with excellent room service. Its menu, of international character, marks a trend towards Mediterranean cuisine with a great creative contribution from its co-owner, the renowned chef Saverio Stassi.

25 La Atarazana Street, Santo Domingo, Colonial Zone.  
Telephone No. (809) 687-8089. IG: @patepalo





## TRATTORIA ANGIOLINO

No. 5 - 2018



### TRATTORIA ANGIOLINO

A small, cozy and familiar restaurant, founded in 2009 by the late David Pezzoti (RIP) and his wife Patricia Haper, specialized in Italian cuisine. It is distinguished by the quality of the product and its preparation, and by the personal touch of its owner, Patricia, and her children, who manage the operation and offer a careful and unique attention that guarantees the satisfaction of the visitor.

45 Max Henríquez Ureña Street, Ensanche Piantini.  
Telephone No. (809) 563-3282, IG: @trattoriaangiolino.

## NIPAU

No. 6 - 2018



### nipau Estilo Med

This unique establishment offers signature Mediterranean cuisine. Dishes with traditional flavors perfectly prepared with a combination of local and imported products. Nicolás Frigeiro, its owner and Executive Chef, together with his wife and partner Paula Fernández, Pastry Chef, work with contemporary techniques to please the most sophisticated tastes.

20 Max Henríquez Ureña, Santo Domingo.  
Telephone No. (809) 540-3558. IG: @nipaurd



## BOTTEGA FRATELLI

No. 7 - 2018



A beautiful and comfortable establishment offering contemporary Italian cuisine with classic and the modern accents. Its quality standards are the generational legacy of the Bonarelli family, founders of the memorable Vesuvio Restaurant, as well as other successful gastronomic incursions. The operations of Bottega Fratelli are in the hands of the brothers Aldo and Giancarlo Bonarelli, the latter being the Executive Chef. Three elegantly decorated areas are

available for this restaurant's distinguished clientele, including the principal dining room, a ventilated terrace with a wood-fired oven made by Italian artisans, and a private room with capacity for 70 people, ideal for private events.

*Pablo Casals Street, corner of José Amado Soler Street, Santo Domingo.  
Telephone No. (809) 562-6060. IG: @bottegafratelli*

## SHIBUYA ICHIBAN

No. 8 - 2018



Located in an open space in the iconic Blue Mall, this innovative restaurant offers a casual Japanese culinary experience with brushstrokes of Peruvian cuisine. Fresh and innovative products plated with style. Its menu includes options such as atarashi nigiris, ceviche rolls, sashimi, wasabi pepper steak and the well-known chan chan rice, which encourage the repeated visit of the restaurant's exclusive clientele.

*Blue Mall, 80 Winston Churchill Avenue, Santo Domingo.  
Telephone No. (809) 955-3256. IG: @shibuyaichiban*





**SAMURAI**  
No. 9 - 2018



**SAMURAI**

Owned and operated by the Tateyama family, this restaurant almost reaches three decades offering Dominican and foreign diners authentic Japanese cuisine. Japanese chefs are part of the staff and offer dishes prepared in a traditional manner with very fresh ingredients, achieving delicate flavors and textures typical of the Japanese culture.

57 Calle del Seminario Street, Santo Domingo.  
Telephone No. (809) 565-1621. IG: @samuraired

**IL BACARETO**  
No. 10 - 2018



**IL BACARETO**  
OSTERIA con CUCINA

This young and thriving restaurant has quickly positioned itself among a growing group of select regulars who seek the sympathy and culinary skills of their chef and owner, Michele Luchetta. The establishment offers a pleasant and cozy space featuring very well-prepared dishes of the Italian tradition.

Plaza Juan Dauhajre, 210 Simón Bolívar Avenue, Santo Domingo.  
Telephone No. (809) 544-4953. IG: @ilbacareto



## HIGH REGARDED RESTAURANTS DURING 2018

In addition to the **10 Best Restaurants of Santo Domingo 2018**, following is a list, in alphabetic order, of the 15 additional restaurants that together with the previous 10 make up the top 25 list in the capital city of the Dominican Republic for the year 2018:

NAME	ADDRESS	TELEPHONE	SOCIAL MEDIA
Boga Boga	Plaza Florida, 203 Bolívar Avenue	809-472-0950	@bogabogard
Il Capuccino	Capitán Eugenio de Marchena Street	809-682-8006	@capuccinord
La Scarpetta	609 Abraham Lincoln Avenue	809-567-4841	@lascarpetta
Laurel	16 Andrés Julio Aybar Street	809-549-3699	@laureldr
Mesón de Bari	302 Hostos Street, Colonial Zone	809-687-4091	@mesondebari
Mesón de la Cava	No. 1 Mirador Sur Avenue, Bella Vista	809-533-2818	@mesondelacava
Mijas	47 Max Henríquez Ureña Street	809-567-5040	@mijasrd
Mila	114 Sarasota Avenue	809-532-6452	@mila_rd
Muelle 47	Galerías 360 (Mall), John F. Kennedy Avenue	809-807-5260	@muelle47
O. Livia	44 Lope de Vega Avenue, Piantini	809-547-3592	@restolivia
Patagonia Grill	Alberto Larancuent Street, corner of Octavio del Pozo Street	809-562-5046	@patagoniagrill
SBG Kitchen	Downtown Center, Núñez de Cáceres Avenue, corner of Simón Bolívar Avenue	809-784-5690	@sbgkitchen
Sonoma	96 Federico Gerardino Street	809-732-5481	@sonomadr
Time Vegetarian Kitchen	Arzobispo Meriño Street, corner of Padre Billini Street, Colonial Zone	809-687-3171	@timeisvegetarian
Turo	25 Andrés Julio Aybar Street	809-748-5211	@turo.rd

Santo Domingo has many other good restaurants to consider, as well as a never-ending improvement of its gastronomic offer. The Dominican Association of Restaurants (ADERES) is working hard to have all their members improve their standards to prepare for the ever-expanding culinary boom that the city of Santo Domingo is living.



**VARIEDAD Y SABOR PARA  
CADA MOMENTO DEL DÍA.**





# GASTRONOMIC EVENTS OF THE DOMINICAN REPUBLIC

The gastronomic events exhibit and promote our products and cultural heritage; they capture as well the attention of the world and create the opportunity to strengthen the hospitality and gastronomic sector of the country. Today we have a great diversity of related activities nationwide, and here we present the most outstanding:



## Bocao Food Fest

Massive event that takes place in the middle of July in the Malecón (Seaside) of the city of Santo Domingo. Cooks and gastronomic artisans celebrate the native culinary offer, with local ingredients and dishes created each year exclusively for this festival. The activity fosters memorable experiences by offering local cuisine in its different styles, in a cheerful space that combines music, colors, aromas and flavors. Likewise, in November of each year the Bocao Food Fest is presented in the city of Santiago de los Caballeros.

## Discover Barahona

The Touristic and Productive Cluster of

Barahona organizes in the month of April of each year, for three days, this festival that promotes tourism, culture and products of the area, through talks, conferences, gastronomic exhibitions, parties and tastings with products and techniques of the region.

## Banilejo Mango Fair

Emblematic activity of the province of Baní that is held annually in mid-June. For more than 15 uninterrupted years, this fair organized by the Dominican Mango Cluster, and with the support of the Ministry of Agriculture, includes tasting a wide variety of mangoes at affordable prices, chefs who prepare creative recipes with mango, technical conferences with international professionals, practical workshops, artistic presentations, meals and competitions based on a variety of native mangoes.



## National Pineapple Fair

Event on the production and commercialization through the exhibition of this fruit and its derivatives, preparation and tasting of dishes, whose main ingredient is pineapple, as well as cultural and artistic activities. It takes place in the last quarter of the year near the Duarte Park of the Municipality of Cevicos, Sánchez Ramírez Province.



## Festicafé

A sociocultural yearly meeting held during the end of October, in which organic coffee growers from Polo, Barahona, and other regions, make their work known and promote their organic production nationally and internationally. The program includes exhibitions, organic market, conferences, tastings, reforestation day, sports tournaments, ecotourism excursions and artistic and cultural presentations.

## Festicoco

Activity that takes place in Nagua, every year during the end of July in the Northeast of the country. Participants can enjoy coconut-based dishes, and purchase more than 60 by-products created with other parts of the versatile fruit, including the tree that produces it.



## Coconut and Fish Gastronomic Festival

It is held annually in mid-August. It takes place in Samaná, one of the largest coconut producing areas of the country, thus being able to combine seafood, fish and coconut in its cuisine, creating exotic dishes that give a special touch to the culinary art of the region. This takes place over three days at the rhythm of the “round merengue”, El Chivo Florete, as well as the “bambulá” (typical dance of the area), the games of the Protestant churches, the bachata and the merengue.

## Milk Food Festival

It is celebrated in June for three days, in Higüey, La Altagracia Province, where the production of milk is a tradition. Its main objective is to show, taste and present the realization of dishes from milk, as well as cultural manifestations, painting, folklore, crafts, music, other exhibitions and book sales.



## Ripiao Seafood Festival

This festival takes place in the warm municipality of Sánchez, in Samaná, “The Capital of the Shrimp”. For three spectacular days, full of music, art and tasty dishes based on seafood, different associations of artisans and micro businesses present their products, and outstanding chefs prepare recipes with different fish and with the famous shrimp from Sánchez.

## Yucca Festival

It is held every year in Higüey, Province of La Altagracia, in the month of January, for four days. Its main objective is to show the gastronomic diversity of cassava, an agricultural product grown by Taíno heritage that has valued the vernacular taste of its cuisine, through the tasting and sale of different dishes and drinks made from this tuber. The festival also highlights the history of its protagonists, and their active religious tourism.





### The Sea Festival

Held annually in Barahona during the month of September, this event is organized by the Tourism and Productive Cluster of the Barahona Province, which seeks to highlight the marine wealth of its region through a program of cultural and culinary activities. It is carried out jointly with the Palito Seco Regatta, in which more than 70 sailors participate and that includes other sailing sports in the sea, such as windsurfing.



### Hospitality Food Fest

Meeting point of the most important professional gastronomy in the Caribbean. For three days, renowned national chefs and international guests give educational workshops, or “cooking shows,” by experts, and present unique gastronomic experiences. Within the framework of this festival, the Culinary Cup of the Americas is also celebrated, with the help of the Ibero-American Forum of Gastronomic Associations, in its regional edition, which participants from all over America attend.



### The Great Tasting of El Catador

Very crowded by lovers of good wine, this wine tasting event held annually in Santo Domingo brings together prestigious wine cellars of the world who allow the participant to become familiar with and taste the selections presented by each house. Visitors will also taste dishes specially offered by the main restaurants of the city.

### Procigar Festival

Annual event that combines educational, entertainment and recreational activities, and including tastings and dinners, all around the magnificent experience that Dominican premium cigars represent. It offers guests the opportunity to have dialogues with the main manufacturers in the industry, and interact with an international community of enthusiasts. More than 450 people from at least 20 different countries participate to visit the main cigar plants with the greatest prestige and worldwide recognition.



### Rincones Festival

Festival that fuses gastronomy and music presenting the menus of different restaurants, food trucks and national and inter-

national bars. It takes place in mid-June, for two days, in the city of Santo Domingo.



### Santo Domingo Spirit Fest

It is a festival of liquors and beers that presents the innovation and novelty of this industry in the Dominican Republic. Created to enjoy, taste and learn about spirits and position the country as a destination of gastronomic luxury. It takes place at the end of September of each year in the city of Santo Domingo.

### SDQ Gastronómico y Restaurant Week

Culinary platform that includes thematic dinners, tapas nights, excursions to selected restaurants, training gastronomic activities and prizes. The event takes place between the end of September and the beginning



of October of each year and is organized by the Association of Hotels and Tourism of the Dominican Republic (ASONAHORES) and the Dominican Association of Restaurants (ADERES). During the Restaurant Week, diners have the opportunity to enjoy a wide range of special dishes prepared for the occasion by more than 60 participating restaurants, including the main and best in Santo Domingo, creating a unique experience that contributes significantly to the positioning of the country as a mecca of the Caribbean gastronomic culture. Due to the same reduced price charged for each entry sequence, main course and dessert, this activity has been increasing in popularity for the opportunity it represents to accumulate the largest number of visits in a passport that is stamped by each of the establishments.



### Taste Santo Domingo

One of the main gastronomic activities of the country with multiple itinerant events that attract consumers, professionals and students. Local and international chefs and experts participate, “cooking shows” and “master classes” are held, there are exhibitions of the best local products, special dinners, all happening within the framework of an ambitious program that runs for a whole week in the month of May of each year.



# GASTRONOMIC ROUTES OF THE DOMINICAN REPUBLIC

To exhibit the cultural richness of the product of our land, the Dominican Republic has dozens of gastronomic routes that add to the country's tourist offer. Some of the main ones that we suggest are the following:



## RICE TOURISTIC ROUTE

It is a guided tour that takes place in comfortable minibuses traveling throughout plantations and rice agribusinesses in the Sánchez Ramírez Province, the cultivation and processing of this cereal in rudimentary as well as in modern versions. The visit includes experiences such as the “piloneo” of rice, a visit to a modern mod-

el factory, as well as tourist stops at “The 7 gates” of the Hatillo Dam. It ends with a lunch that includes different rice-based dishes at the El Muro restaurant, overlooking Lake Hatillo.

The route lasts approximately four hours. For reservations, contact the Eco-tourism Development Council of the Sánchez Ramírez Province, at Telephone No. (809) 585-2745 and email [councilecoturisticosr40@hotmail.com](mailto:councilecoturisticosr40@hotmail.com).

## SUGAR ROUTE

Tourist and educational route guided by the Barahona Central Foundation. It shows the production process from planting, cutting and transporting the cane to the Barahona sugar mill fields, where they will extract the product until its final presentation. It includes a visit and description of the Batey Bombita fish project. Then you have the option to explore the goat project developed in the Pescadería community, where they talk about the importance of goat breeding and production for the sustainability of the community. Finally, they detail the benefits of the capitalization of



the resources generated by the sugar cane as the use of Bagacillo, which is used to generate energy, and explain the process of production of molasses. Reservations: Telephone No. (809) 524-3421 ext. 3232; [rutadelazucar@fcentralbarahona.org](mailto:rutadelazucar@fcentralbarahona.org)

## BANANA ROUTE

The Dominican Republic is the world's largest exporter to the European Union of organic bananas; since 1980 the province of Montecristi has been the protagonist of this phenomenon. This interesting excursion in the northwest of the country, shows the complete production process of the banana.

The tour begins in the greenhouses or plantations showing the different sizes, ages of the plants and the cluster. It shows the laundry where they select bananas ready to export, and ends with tastings of the fruit, as well as desserts based on bananas. The route takes place from Monday to Thursday throughout the year for a minimum amount of 8 people. The tour starts at 8:30 a.m. and ends at 11:00 a.m. You can take advantage during this route and taste stewed goat at Lilo Café & Restaurant, a Montecristi specialty. Cool clothing that protects from the sun and closed shoes are recommended. Reservations: Soraya & Santos Tours, Telephone No. (809) 961-6343.



## COCOA ROUTE

"The cocoa trail" is an adventure within the La Esmeralda farm in the Province of San Francisco de Macorís, which begins with the process of planting cocoa and culminates in the development of its own chocolate bar. The route has two modalities to choose from, according to the interest of the participants. Both include welcoming you with a delicious hot chocolate.

It starts walking you through the fields to show the process of planting the product, cutting, extraction of cocoa beans, fermentation and drying, including some historical explanations, and the recreation of the traditional production method to the rhythm of merengue.

Inside the chocolate shop you will participate in a demonstration of how a chocolate bar is created, from the roasting of the cocoa beans to the tempering of the chocolate, where each participant can choose a mould to make their own figures.

The second modality of the tour includes a brief workshop to learn how to taste chocolate with the five senses, including lunch. For reservations please call Telephone No. (809) 547-2166.



## COFFEE ROUTES

The country, being a coffee producer, has several routes in the national territory that allow you to experience the process that this product undertakes. In the hills of Bonao, to the north of the country, is the **Atabey Coffee Route**, and in the hills of Salcedo, the **Jamao Coffee Route**. Both consist of three paths, each along different hills, where in addition to witnessing the preparation of coffee, you can participate in tastings. Contact: Telephone No. (809) 688-5285.

**The Monte Alto Coffee Factory**, in Jarabacoa, offers a complete tour of its facilities and production of organic coffee. Discover its process from the grain to the cup, finishing the trip with multiple tastings of fresh coffee in the cafeteria of the place. More information: Telephone No. (809) 574-2618.

**El Cafeto Madre, La Factoría, Toral Coffee Trail**. In Polo, Barahona, you can choose any of these options to see and learn about coffee plantations in full production, as well as having contact with nearby communities, including bird watching, as well as endemic flora and fauna. Barahona Tourist Cluster. Telephone No. (809) 623-1397 / 829-471-1616.

## HONEY ROUTE

It consists of a tour through five apiaries of the Municipalities Partido, Loma de

Cabrera and Dajabón, in the northwest of the country. In each apiary, a different experience is lived and you learn from a particular topic, from the history of beekeeping, the importance of pollen and propolis, to the production of the queen bee, characteristics of semi-humid forest and forest beekeeping semi dry. Walking each path lasts approximately 30 minutes, in which you can taste mead (an alcoholic beverage made from honey), as well as local tropical fruits liqueurs, pollen and propolis, royal jelly, honey in honeycomb and honey vinegar. We recommend approaching Mama Tonila's craft products store, in Partido.



## RUM ROUTE

In the city of San Pedro de Macorís is the Barceló rum factory, founded in 1930 and currently one of the most prestigious in the world. Through a guided tour you can experience the process of its elaboration, from the extraction of sugar cane and bottling to its distillation and aging. You can see the rum barrel stores, taste the different varieties in the tasting bar, and buy your favorites at the souvenir shop.



## CASABE ROUTE

The *casabe* route is developed in Monción, Municipality known as the "Capital of *Casabe*". It is an experience that integrates the ancestral tradition of indigenous origin with modern processes that result in an exquisite product that is a source of national pride. This route includes a visit

to the factories of Casabe Doña Mechi, Guaraguanó, Alimentos Fortuna (Casabi), as well as a tour of the lookout point at Presa de Monción, Lorenz Vacation, Handicrafts in Guano and La Noria Forest Park. For more information, contact the telephone number (and WhatsApp) (829) 899-9042 or email [rutacasabe@gmail.com](mailto:rutacasabe@gmail.com).



## Diplomacia Gastronómica

Con la Diplomacia Gastronómica proyectamos la gastronomía como marca país a través de las embajadas, consulados e Institutos Dominicanos en el Exterior (INDEX), promocionando los productos de exportación cultivados en nuestra tierra. Juntos podemos unir esfuerzos para continuar llevando la cocina dominicana a cada rincón del mundo.







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