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Boliche - wikipedia

Boliche is a Cuban pot roast dish consisting of eye round beef roast stuffed with ham browned See also[edit]. icon Food portal · List of sausage dishes · List of stuffed dishes R. (2016). Chef Ronaldo's Sabores de Cuba: Diabetes-Friendly Traditional and Nueva Cubano Cuisine. American Diabetes Association. p. pt187.

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Ronaldo Linares, executive chef at the popular Martino's Cuban Restaurant in diabetes-friendly dishes that are traditionally Cuban yet also have a modern flair.

Ronaldo linares | about ronaldo

Chef Ronaldo Linares is the author of Sabores de Cuba: Diabetes Friendly Traditional and Nueva Cubano Cuisine and America's leading expert on healthy

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