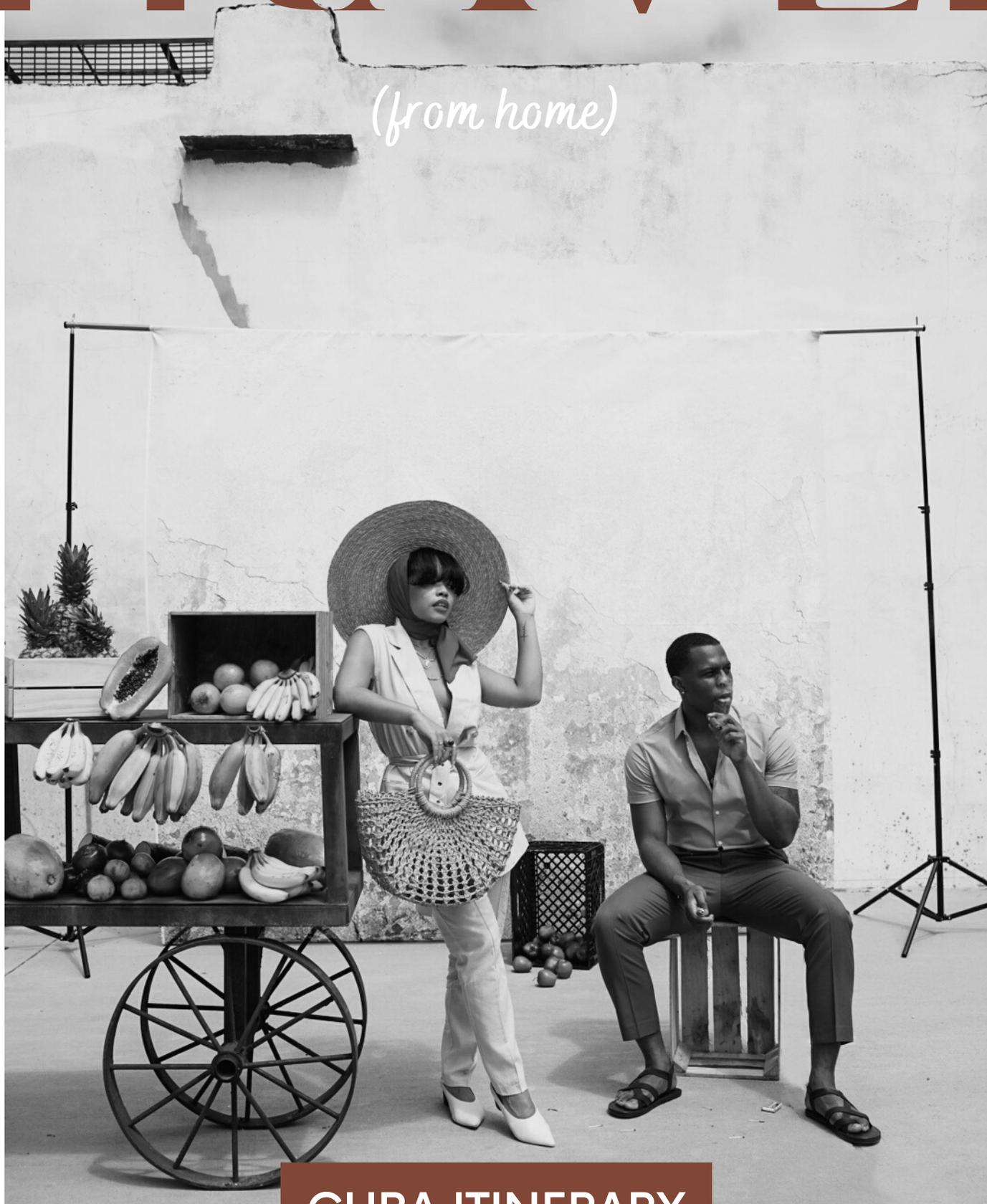


TRAVEL

(from home)



CUBA ITINERARY

a note before you take off—

If you're here, it means a few things. For starters, it means that you're down for the movement because with every donation put towards this PDF, 100% of the proceeds will go towards the Black Alliance for Just Immigration, an organization that educates and engages African American and black immigrant communities to organize and advocate for racial, social and economic justice. Thank you. Secondly, like us, you've been itching to travel again. And while we can't promise this will fill the space that venturing to a new place provides, we hope it allows you a taste of it.

We've been so blessed to be able to travel the world, to immerse ourselves in cultures and spaces that fill us up, to see ourselves in the people of the places we've been. It's been hard to deal with the changes that have come with COVID, with most of our travel plans going out of the window. And while it's set us back, we've decided to use this time to travel, from home. We realize that although we may be physically inside, mentally we can escape to wherever we'd like. By learning more about the places we plan to visit, we've been able to dive into cultures from around the world, immersing ourselves in that feeling as much as we can.

So we invite you to escape with us. In this case to the buzzing streets of Havana. Where there's charm in every corner and the buildings tell a story of a culture so steeped in the past that the reality of it is only known when you have lived among its streets. Where Afro roots run deep and vendors peddle goods that paint the alleys with color. Where neighbors chat over thimbles of strong Cuban coffee and when the sun goes down, rum flows. No place on earth is like Cuba, and no city is like Havana. We hope you enjoy this digital itinerary. We can't wait to hear all about your travels.

- temi & skylar

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Whether it comes from a gondolier in Venice, a ukulele in Honolulu, or an oud in Morocco, music is the yeast that rises the experiences that one indulges in while traveling. Pull on a loose thread of Cuba's interwoven musical genres, and you'll unravel a history of farmer's folk songs, gut-punch drumming, romantic ballads, old religious rites and seductive urban rhythms. Below are some of our favorite songs that we enjoyed on our virtual journey and a means of learning how to move your feet the Cuban way.

music and dance

listen

skylar's picks

Dejando al Mundo - Danay Suárez
Habana del Este - Afro Cuban All Stars
Oye Mis Tres Montunos - Cachao
Jarabi - AfroCubism
Canto a La Habana - Johnny Pacheco
La negra tiene tumbao - Celia Cruz

temi's picks

Afro Blue - Mongo Santamaria
Dundumbanza - Arsenio Rodriguez
Bibisa - Roberto Fonseca
Mecánica - TnT Resistencia
Biancamo - Obbatuke
Mambo Na' Mà - Daymé Arocena

learn

Salsa, sexy and energetic
Danzon, elegant and delicate
Rumba, informal and spontaneous
*Check out Youtube for free dance tutorials!

music and dance



While scouring the internet we came across an old folklore of how the national dish of Cuba, Ropa Vieja, came to be. This rustic, humble dish so perfectly tells the story of the country's culinary and cultural evolution over the last half-century. It's intriguing – and a perfect read if you're feeling a little hungry. The name "ropa vieja" translates to "old clothes," and legend has it that a poor old man once shredded and cooked the clothes off his back in order to feed his hungry family. However, when he put his clothes into a pot to cook them, his prayer and love for his family turned the clothes into a tender, tasteful, stringed meat. Ropa Vieja. We felt that this meal perfectly embodied exactly what we wanted to do with this project: Take an unfortunate situation (such as COVID-19), gather what we do have access to, and infuse our love for culture and travel into making the most of our circumstances.

Below, the meal we made to get a taste of Cuba. We can't wait to see what you create.

#TravelFromHomeCuba to share.

food and drink

Ropa Vieja

- 2lb. Flank Steak
- 1 Yellow Onion, Diced
- 1 Teaspoon Garlic, minced
- 1 Can (28 oz.) Diced Tomatoes, Undrained
- 1 Red Bell Pepper, Thinly Sliced
- 1 Green Bell Pepper, Thinly Sliced
- 1 Jalapeno, Seeded and Thinly Sliced
- ½ Teaspoon Dried Oregano
- ½ Teaspoon Cumin Powder
- 1 Bay Leaf
- ⅓ Cup Green Olives, Halved
- Salt and Pepper to Taste
- 2 Teaspoons Capers (Optional)
- 1 Tablespoon Cilantro, Chopped (Optional)

Instructions

1. Season the flank steak with salt and pepper
2. Combine the onions, garlic, tomatoes, bell peppers, jalapeno and spices in the slow cooker
3. Add flank steak, cover and cook on low for 8 hours
4. Remove meat and let it rest for 10 minutes
5. Discard bay leaf and stir in olives, capers (optional) and 1 tablespoon cilantro (optional) into the sauce
6. Shred the meat with two forks into fine strips.
7. Return the meat to the sauce, stir to mix and season with salt and pepper

Rice and Beans

- 2 Tsp Olive Oil
- ½ Cup Chopped Green Bell Pepper
- ½ Cup Chopped Red Bell Pepper
- Small Onion, Chopped
- 2 Cloves Garlic, Minced
- 1 Cup Uncooked Long Grain Rice
- 15 Oz Can Black Beans (Don't Drain)
- 1 ½ Cups Water
- ½ Tsp Cumin
- 1 Bay leaf
- Pinch Oregano
- Salt and Pepper to taste

Instructions

1. In a heavy medium sized pot, heat oil on medium heat.
2. Add onions, peppers and garlic and saute until soft, about 4-5 minutes
3. Add rice, beans, water, cumin, bay leaf, oregano and salt and better. Simmer on medium-low heat, stirring occasionally, until the rice absorbs most of the water and just barely skims the top of the rice
4. Cover, reduce heat to low, and simmer 20 minutes
5. Make sure there's a good seal on your cover, the steam cooks the rice and a slightly burnt bottom is part of the process.
6. After 20 minutes, shut the flame off and let it sit covered for another 5 minutes.

Fried Plantains

- 2 Ripe Plantains (peeled and cut diagonally or round, into ¼-inch-thick slices)
- 4 Cups of Canola or Vegetable Oil for Frying
- Salt to taste

Instructions

1. Pour oil into a deep pot or skillet
2. Once oil begins to shimmer, but not smoke, add plantains in batches and fry for 2 ½ minutes on one side, flip and cook for 2 ½ minutes on the other side
3. Remove plantains from pan and sit on a paper towel
4. Sprinkle lightly with salt to preferred taste

Cuban Mojito

- 2 Teaspoons White Sugar
- 1 Lime, Cut Into 4 wedges
- 4 Fresh Mints
- ½ Cup White Rum
- 2 Cups Club Soda
- 2 Cups Crushed Ice
- 2 Wedges Lime, as Garnish

Instructions

1. Place 1 teaspoon of sugar into each of two 12 ounce glasses
2. Squeeze juice from a lime wedge into each glass and then drop the wedge in
3. Add 2 fresh mints to each glass Use a spoon or muddler to mash the sugar, lime juice, and mint together in the bottom of the glasses
4. Fill each glass about half full with crushed ice
5. Pour ¼ cup rum into each glass
6. Fill the glasses with club soda, stir, and garnish with additional lime wedges.



Filmmaking opens portals to other worlds through music, workplay, and visual mastery. Art acts as a repository of a society's collective memory. Both are a means of communication and Cuba's people have a story to tell.

So what are you waiting for? Grab a bottle of wine or a cafe Cubano and allow yourself to get lost in it all.

art and film

watch

Salut les Cubains (1963) Agnès Varda

Cuba Feliz (2004) Karim Dridi

Un Rey En La Habana (2005) Alexis Valdés

They Are We (2013) Emma Christopher

VIVA CUBA (2005) Dir Juan Carlos Cremata Malberti

Sergio and Sergei (2017) Ernesto Daranas

research

Victor Fowler Calzada, (Poet, Critic)

Manuel Mendive, (Painter, Sculptor, and Performance Artist)

Eduardo "Choco" Roca Salazar (Printmaker)

Alexandre Arrechea, (Visual Artist)

Armando Mariño, (Painter, Sculptor)

Tania Bruguera, (Installation and Performance Artist)

art and film



And there we are, a trip through Cuba from your couch. There's no way we could condense the amount of researching, learning, and listening we did over the past month, but we hope this puts you in a good place to start. The beautiful thing about doing the work from home, means that the second you touch down wherever you aim to go, you'll be that much wiser. You don't have to wait until you reach the tarmac to start the journey.

"The real voyage of discovery consists not in seeing new landscapes, but in having new eyes."

Where to next?

travel from home