

From: [REDACTED]
Subject: FW: Create Authentic Aruban Cuisine At Home, Or Explore On Island for National Cooking Day (9/25)
Date: Tuesday, August 27, 2024 8:44:46 AM
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Hi [REDACTED],

Please see below for our National Cooking Day pitch for Aruba Tourism Authority that was sent to 77 journalists today, 8/27.

Thanks!

[REDACTED]

[REDACTED] [REDACTED]

From: [REDACTED]
Sent: Tuesday, August 27, 2024 9:43 AM
To: [REDACTED]
Subject: Create Authentic Aruban Cuisine At Home, Or Explore On Island for National Cooking Day (9/25)

Hi [REDACTED]

[Aruba](#), known for its award-winning beaches and picture-perfect weather, is also a cultural melting pot with **over 100 different nationalities** cooking up a diverse range of signature dishes and recipes. In honor of **National Cooking Day on September 25th**, sharing an overview of traditional Aruban fare!

Please find below, a detailed breakdown of dishes such as Stobas and Pastechi that your readers can recreate at home. Additionally, I've included a list of local restaurants where travelers can enjoy authentic Aruban cuisine and details on an interactive culinary experience offered at the Hyatt Regency Aruba.

Let me know if this is a fit for coverage in any upcoming stories. High-res imagery can be found [HERE](#). Happy to answer any questions you may have!

Best,

[REDACTED]

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[REDACTED]

Traditional Dishes



Stobas

Stobas are hearty, traditional Aruban stews, often made with a variety of meats such as goat, beef, or chicken, combined with root vegetables and seasoned with local herbs. This comforting dish is slow-cooked to allow the flavors to meld beautifully. A full recipe can be found [HERE](#).



Ayacas

Ayacas are a festive Aruban dish, typically enjoyed during the holiday season. These flavorful bundles consist of cornmeal dough filled with a savory mixture of meats, olives, raisins, and spices, all wrapped in banana leaves and boiled. A full recipe can be found [HERE](#).



Pan Bati

Pan Bati, meaning “beaten bread,” is a soft, slightly sweet flatbread that’s a staple in Aruban cuisine. Made from a batter of cornmeal and flour, it’s cooked on a griddle and often served alongside soups, stews, or main dishes. A full recipe can be found [HERE](#).

Pastechi

A traditional breakfast pastry found throughout the One happy island, Pastechi is a savory snack consisting of crescent-shaped deep-fried dough and a variety of ingredients ranging from chicken to tuna, vegetables, or cheese. Please find a full recipe [HERE](#)



Funchi

This delicious cornmeal mush is a beautiful simplistic Aruban staple made with cornmeal, salt, and butter that is often served as a compliment to stews soups but works great with a zesty hot sauce as well. Please find a full recipe [HERE](#).

Restaurants



Gasparito Restaurant and Art Gallery

Gasparito Restaurant and Art Gallery is a standout in Aruba, celebrated for its traditional dishes like goat stew and Pan Bati, its historic architecture, and its vibrant collection of local art. They feature award-winning chefs and an ever-changing art exhibition with many pieces available for purchase.

The Old Cunucu House

Experience authentic Aruban cuisine and warm island hospitality at the Old Cunucu House Restaurant. Enjoy lunch or dinner in the charming, historic 150-year-old cunucu house or on the outside veranda. The menu features local specialties like keshi yena, stewed chicken, goat, and fresh fish.



Papiamento Restaurant

Papiamento is serving upscale local cuisine in an historic 100+ year old “cunucu” house. They serve an array of delicious appetizers, home style cooked meals, and rich desserts. Guests can dine in the lush garden beside the sparkling pool, and guests are also able to check out Papiamento’s wine vault and cigar lounge while learning about the history of antiques that decorate the home.

Elements Restaurants

Elements Restaurants offers guests an unforgettable culinary experience with an oceanfront view. From sustainable seafood to natural meats, their European-style portions have flavors from all around the world. As an adults only establishment, guests can choose to dine from their Authentic Aruban and Caribbean Buffet, to their lunch/dinner menu, their wine selection and more.

Flying Fishbone

Flying Fishbone is located right in Aruba’s fisherman’s town, Savaneta. Being the first Aruban restaurant to popularize on-the-beach dining, Flying Fishbone is offering some of the freshest seafood and flavorful dishes inspired by European and Caribbean cuisine. Some of their most popular dishes include the Escargots de Bourgogne, Surf & Turf, and Fish-of-the-Day.

Hotel Offerings



Hyatt Regency Aruba

This National Cooking Day, the Hyatt Regency Aruba invites guests to partake in “**Cooking with Chef**” classes. Held at the Palms Event Lawn on Tuesdays and Thursdays at 4:30pm, each interactive session includes instructional guidance in creating professionally prepared light bites at home using thoughtfully sourced ingredients. Guest favorites include the resort’s signature homemade Guacamole and Peruvian Ceviche. Please see [HERE](#) for images.

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