

**From:**

**Subject:**

FW: Celebrate National Cooking Day with the Flavors of Aruba (9/25)

**Date:**

Friday, September 12, 2025 9:54:30 AM

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Hi [REDACTED],

Please see below for our National Cooking Day pitch for Aruba. This pitch was sent out today, 9/12 to 79 journalists.

Let us know if you have any questions!

Thanks,

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**From:** [REDACTED]

**Sent:** Friday, September 12, 2025 10:46 AM

**To:** [REDACTED]

**Subject:** Celebrate National Cooking Day with the Flavors of Aruba (9/25)

Hi [REDACTED]

While **National Cooking Day (September 25th)** celebrates the joy of creating meals at home, it's also the perfect moment to spotlight the flavors that define destinations around the world.

In [Aruba](#), over 100 nationalities have shaped the island's cuisine into a vibrant mix of Caribbean, Dutch, Latin American, and African influences - making it a true cultural melting pot.




From savory stews like Stoba and crispy Pastechi to freshly caught seafood prepared with island flair, Aruban cuisine showcases its rich heritage. Travelers can savor these dishes at local restaurants across the island or recreate them at home to celebrate the flavors of Aruba.

Please find an overview of authentic Aruban dishes, top restaurants on island to try them, and interactive experiences below. High-res imagery can be found [HERE](#). Happy to answer any questions you may have!

Thanks,



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Traditional Dishes	
	<p><b><u>Keshi Yena</u></b></p> <p>Considered Aruba’s national dish, Keshi Yena is a savory stuffed cheese casserole traditionally filled with spiced chicken, olives, raisins, and cashews. Baked in a Gouda or Edam cheese shell, it’s a hearty comfort food that reflects the island’s Dutch and Caribbean influences. A full recipe can be found <a href="#">HERE</a>.</p>
	<p><b><u>Sopi</u></b></p> <p>Aruba’s soups, or sopi, are beloved for their rich, home-cooked flavor. From fish-based broths (sopi di pisca) to pumpkin purées (sopi di pampuna) and hearty tripe stews (sopi di mondongo), each bowl offers a taste of authentic island tradition. Full recipes of various types of sopi can be found <a href="#">HERE</a>.</p>
	<p><b><u>Cocada</u></b></p> <p>This sweet coconut candy is a favorite local treat, made from freshly grated coconut, sugar, and spices. Often sold in bakeries and markets, Cocada is a chewy, tropical indulgence that perfectly captures Aruba’s sweet side. A full recipe can be found <a href="#">HERE</a>.</p>
	<p><b><u>Pisca Hasa</u></b></p>



A staple of seaside dining, Piscas Hasa is simply fried catch-of-the-day (usually snapper or grouper) served with plantains, pickled onions, and local sides. It's no-frills, fresh, and a true taste of Aruba's fishing heritage. A full recipe can be found [HERE](#).



### **Bolo Borracho**

Bolo Borracho is a decadent rum-soaked dessert often enjoyed at celebrations. Moist and flavorful, it showcases Aruba's festive spirit and love of blending European baking with Caribbean flair. A full recipe can be found [HERE](#).



### **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](#)

**Restaurants**



**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 a 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.



**Huchada**

Located in a charming cunucu-style house, Huchada is a beloved local bakery and lunchroom known for pastechi, goat soup, and cashew cake. Guests can also enjoy sandwiches, fresh juices, sweets, and rich coffee, all served with the island motto “Biba Lekker” (“Live Deliciously”).



**Zeerovers**

Set on a fisherman’s pier in Savaneta, Zeerovers is a beloved local hangout serving the island’s freshest catch in true no-frills style. Diners order at the counter, then enjoy baskets of fried fish, plantains, and sides while overlooking the ocean. With its laid-back vibe, local prices, and unbeatable waterfront views, it’s a must-visit for authentic Aruban seafood.



**Wilhelmina Restaurant**

Tucked into a romantic garden setting in downtown Oranjestad, Wilhelmina blends fine dining with authentic island charm. Led by Chef Dennis van Daatselaar of Carte Blanche fame, the restaurant showcases fresh, seasonal ingredients and Aruban hospitality in an elegant yet approachable atmosphere.



**Taste My Aruba**

A family-owned, farm-to-table and sea-to-table restaurant, Taste My Aruba celebrates the island’s culture with ever-changing menus made from fresh, local ingredients. Guests can also join the interactive [Cooking Experience](#) (\$175 per person), offered Mondays, Tuesdays, and Thursdays, where chefs guide participants through traditional recipes and seasonal dishes.

**Interactive Experiences**

**Hyatt Regency Aruba Resort Spa & Casino**



Cooking with the Chef is held every Tuesday and Thursday at 4:30 p.m., This hands-on class teaches guests how to prepare light bites using thoughtfully sourced ingredients. Advance registration (24 hours) is required.



### [Caribbean Cooking Class in Aruba](#)

Hosted in a colorful cunucu house in Noord, this intimate class offers a true cultural deep-dive into Caribbean foodways. Guests join Kari around her kitchen island to learn, cook, and share a family-style meal. The experience begins with a welcome mocktail and music, then moves into hands-on preparation of authentic dishes inspired by both Jamaica and Aruba.

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