

South American cuisine

Contents

Articles

South American cuisine	1
Argentine cuisine	2
Bolivian cuisine	12
Brazilian cuisine	14
Chilean cuisine	24
Colombian cuisine	45
Ecuadorian cuisine	53
Paraguayan cuisine	55
Peruvian cuisine	58
Uruguayan cuisine	71
Venezuelan cuisine	77

References

Article Sources and Contributors	83
Image Sources, Licenses and Contributors	85

Article Licenses

License	88
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South American cuisine

The Amazonia region of South America provides a plethora of fresh fish and tropical fruits.^[1] In Peru the Inca Empire (Tahuantinsuyu) and Incan cuisine contribute to the nation's overall cuisine. Potatoes are common, and also plants such as quinoa. The Pacific Ocean provides a large amount of seafood. Many plains also are on this continent, which are rich for growing food in abundance. In the Patagonia region south of Chile and Argentina, many people produce lamb and venison. King crab is typically caught at the southern end of the continent. Antarctic krill has just recently been discovered and is now another food source. Tuna and tropical fish are caught all around the continent; Easter Island is a notable area where they are found in abundance. Lobster is also caught in great quantities from Juan Fernández. In Brazil the most traditional dish is the feijoada, a stew of beans with beef and pork.^[citation needed]

Countries

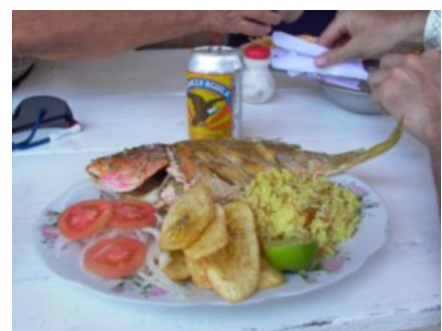
- Argentine cuisine
- Bolivian cuisine
- Brazilian cuisine
- Chilean cuisine
- Colombian cuisine
- Ecuadorian cuisine
- Paraguayan cuisine
- Peruvian cuisine
- Uruguayan cuisine
- Venezuelan cuisine

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Feijoada



Fried red snapper

Argentine cuisine

 Argentine cuisine
Part of a series on
Argentine cuisine
Regional cuisines
Central Region Northwest Cuyo Northeast Patagonia

Part of a series on the
Culture of Argentina
History
People
Languages
Cuisine
Religion
Sport

Argentina portal
v t e [2]

Argentine cuisine may be described as a cultural blending of Indigenous, Mediterranean influences (such as those created by Italian and Spanish populations) within the wide scope of livestock and agricultural products that are abundant in the country.^[3] Argentine annual consumption of beef has averaged 100 kg (220 lbs) per capita,^[4] approaching 180 kg (396 lbs) per capita during the 19th century; consumption averaged 67.7 kg (149 lbs) in 2007.^[5] Beyond *asado* (the Argentine barbecue), no other dish more genuinely matches the national identity. Nevertheless, the country's vast area, and its cultural diversity, have led to a local cuisine of various dishes.^[6] The great immigratory waves consequently imprinted a large influence in the Argentine cuisine, after all Argentina was the second country in the world with the most immigrants with 6.6 million, only second to the USA with 27 million, and ahead of other immigratory receptor countries such as Canada, Brazil, Australia, etc.



Argentine people have a reputation for their love of eating. Social gatherings are commonly centered around sharing a meal. Invitations to have dinner at home is generally viewed as a symbol of friendship, warmth, and integration. Sunday family dinner is considered the most significant meal of the week, whose highlights often include asado or pasta.

Another feature of Argentine cuisine is the preparation of homemade food such as french fries, patties, and pasta to celebrate a special occasion, to meet friends, or to honor someone. The tradition of locally preparing food is passed down from generation to generation, and homemade food is also seen as a way to show affection.

Argentine restaurants include a great variety of cuisines, prices, and flavours. Large cities tend to host everything from high-end international cuisine, to *bodegones* (inexpensive traditional hidden taverns), less stylish restaurants, and bars and canteens offering a range of dishes at affordable prices.

History

Native Indians lived in Argentina many years before the European explorers arrived. Members of an Indian tribe in the southern part of Argentina were farmers who grew squash, melons, and sweet potatoes. Spanish settlers came to Argentina in 1536. Between 1853 and 1955, 6.6 million immigrants came to live in Argentina from diverse sources such as Europe, the Near and Middle East, Russia and Japan, contributing to the development of Argentine cuisine and making Argentina the second country with most immigrants only second to the USA. Most of the immigrants were from Italy and Spain. The Italians introduced pizza, as well as a variety of pasta dishes, including spaghetti and lasagna. British, German, Jewish, and other immigrants also settled in Argentina, all bringing their styles of cooking and favorite foods with them. The British brought tea, starting the tradition of teatime. All of these cultures influenced the dishes of Argentina.^[7]

Typical foods



Dulce de leche, a popular national spread used to fill cakes and pancakes, eaten over toast, and as an ice cream flavour.



Boxed Empanadas.

Most regions of Argentina are known for their beef-oriented diet. In Argentina the Spanish term, "*Carne*", which means meat, is assumed to be beef in Argentina. In other Spanish-speaking countries—such as Spain—the term is usually qualified with the type of animal, such as "*carne de vaca*" (beef), "*carne de cordero*" (lamb), etc.

Grilled meat from the *asado* (barbecue) is a staple, with steak and beef ribs especially common. The term *asado* itself refers to long strips of flank-cut beef ribs. Also popular are *Chorizo* (pork sausage), *morcilla* (blood sausage), *chinchulines* (chitterlings), *mollejas* (sweetbread), and other parts of the animal are enjoyed. In Patagonia, however, lamb and chivito (goat) are eaten more frequently than beef. Whole lambs and goats are traditionally cooked over an open fire in a technique known as *asado a la estaca*.

The most common condiment for *asado* is *Chimichurri*, a sauce of herbs, garlic and vinegar. Unlike other preparations, Argentines do not include chili in their version of *chimichurri*.

Breaded and fried meats — *milanesas* — are used as snacks, in sandwiches, or eaten warm with mashed potatoes — *purée*. *Empanadas* — small pastries of meat, cheese, sweet corn, and a hundred other fillings — are a common sight at parties and picnics, or as starters to a meal. A variation, the "empanada gallega" (Galician empanada), is a big, round meat pie made most commonly with tuna and mackerel ("*caballa*" in Spanish). Vegetables and salads are also

eaten by Argentines; tomatoes, onions, lettuce, eggplants, squashes, and zucchini are common side dishes.

Italian staples, such as pizza and pasta, are eaten as commonly as beef. *Fideos* (noodles), *tallarines* (*fettucine* and *tagliatelle*), *ñoquis* (gnocchi), *ravioles*, and *canelones* (cannelloni) can be bought freshly made in many establishments in the larger cities. Italian-style ice cream is served in large parlours and even drive-through businesses.

In Chubut, the Welsh community is known for its teahouses, offering scones and *torta galesa*, which is rather like *torta negra*.

Sandwiches de miga are delicate sandwiches made with crustless buttered white bread, very thinly sliced cured meat, cheese, and lettuce. They are often purchased from entrepreneurial home cooks and may be eaten for a light evening meal.

A sweet paste, *dulce de leche* is another treasured national food, used to fill cakes and pancakes, spread over toasted bread for breakfast, or served with ice cream. *Alfajores* are shortbread cookies sandwiched together with chocolate and *dulce de leche* or a fruit paste. The "policeman's" or "truck driver's" sweet is cheese with quince paste or *dulce de membrillo*. *Dulce de batata* is made of sweet potato/yam: this with cheese is the *Martín Fierro's* sweet. Apples, pears, peaches, kiwifruits, avocados, and plums are major exports.

A traditional drink of Argentina is an infusion called *mate* (in Spanish, *mate*, with the accent on the first syllable). The name comes from the hollow gourd from which it is traditionally drunk. The *mate* (gourd) or other small cup is filled about three-quarters full with *yerba mate*, the dried leaves and twigs of the *Ilex paraguariensis*. The drink, which is rather bitter, is sipped through a metal or cane straw called a *bombilla*. *Mate* can be sweetened with sugar, or flavored with aromatic herbs or dried orange peel. Hot but not boiling water is poured into the gourd, drunk, then

the mate is refilled. The mate is nearly full of leaves, so each refill only makes a small drink, but many refills are possible before the yerba is spent. In small gatherings it is traditional for one *mate* to be passed from person to person, filled by whoever has the kettle. It is customary not to thank the refiller routinely; a final *gracias* (thank you) implies that the drinker has had enough.^[8] Drinking mate together is an important social ritual. *Mate cocido* is the same leaf, which rather than brewed is boiled and served, like tea, with milk and sugar to taste.

Other typical drinks include wine (sometimes with soda water added); tea and coffee are equally important. Quilmes is the national brand of pale lager, named after the town of Quilmes, Buenos Aires, where it was first produced.

Regional differences

Argentine cuisine is heavily influenced by its European roots and has regional variations. *Asado*, *dulce de leche*, *empanadas*, and *yerba mate* are found throughout Argentina. In many parts of the country, food is prepared differently and different kinds of foods are made; this includes to a smaller degree food from pre-Columbian times, as in the Northwest.

Central region and las Pampas



Sliced pizza served over *fainá*, a common combination.



Argentine Puchero

For long periods, urban areas such as Buenos Aires, Rosario, and Córdoba welcomed European immigrants, including, above all, those of Italian and Spanish descent. Nevertheless, there was also a migratory flow of German, Swiss, and Middle-Eastern immigrants arriving in Argentina. Among the countless changes this melting pot brought was the enrichment of the culinary art. Dishes such as pasta, pizza, pucheros (stews), croquetas (fritter)s, sauces, embutidos (sausages), and chicken and meat courses brought a wider scope of options to daily menus. Furthermore, the bread-making, dessert, pastry, and dairy industries have achieved considerable development in this region.

The above mentioned dishes have developed a distinctively Argentine nuance. That is why, for example, Argentine pasta includes a wide variety of dishes ranging from spaghetti, fusiles (fusilli), ñoquis (gnocchi), ravioli, cintas (pasta ribbons), and lasagne to the Argentine-made sorrentinos, agnolottis (agnolotti), canelones (cannelloni), and fetuchines (fetuchini).

Pizza—made with very thin, and sometimes thick, high-rising doughs, with or without cheese, cooked in the oven or *a la*

piedra (on a stone oven), and stuffed with numerous ingredients — is a dish which can be found in nearly every corner of the country. Buenos Aires, Rosario, and Córdoba also serve it with *fainá*, which is a chick pea-flour dough placed over the piece of pizza. People say that what makes the Argentine pizza unique is the blending of Italian and Spanish cultures. At the turn of the 19th century, immigrants from Naples and Genoa opened the first pizza bars, though Spanish residents subsequently owned most of the pizza businesses.

Bread products are consumed all around the country. The deeply rooted bread, pastry, and dessert-making tradition derives from blending the above nationalities' products. Bakeries sell not only a wide scope of breads, cookies, and cakes, but also pastries. The latter resembles a sort of roll pastry whose main dough ingredient is either butter or fat and which may be simple or stuffed with dulce de leche, milk, jam, crema pastelera, or quince or apple jelly, among other fillings. The most popular type of pastry is said to be that of *medialunas*, based upon French croissants. Furthermore, sandwiches de miga are another type of bread products; they are made only with thin layers of white bread (generally referred to as crustless bread) and stuffed with food items ranging from ham and cheese to other more sophisticated combinations such as raw ham, tomatoes, olives, hard boiled eggs, tuna, lettuce, red pepper, and the like.



Argentine pastry, including *Rogel* (a cake of layers of hojaldre covered with meringue), dulce de leche, and regional variants of Alfajores (from Mar del Plata, Córdoba, Tucumán, among others).

Desserts and sweets are usually stuffed or covered with dulce de leche. The latter can be eaten alone or on top of cakes, alfajores, panqueques (creppes), and pastries, or as a topping spread over flan. Chantilly cream is widely consumed and used in preparing sweets and desserts. Additionally, cakes, sponge cakes, and puddings are very popular dishes. Italian ice-creams in this region also achieved a significant degree of development by adding local flavors that somehow preserved the local spirit involved in their preparation.

Although asado is eaten all over the country, its origin may be traced back to the Pampas. It entails manifold types of meat, which are generally eaten as follows: achuras (offal, or the cow's inner parts), morcilla (blood sausage), and sometimes also a provoleta (a piece of provolone cheese cooked on the grill with oregano) are eaten first. Then comes the choripán (a kind of spiced sausage made with pork or lamb and placed between two slices of bread), and lastly meat such as asado de tira, vacío (hindquarter), lomo (tenderloin), colita de cuadril (rump), matambre (rolled stuffed steak cut into slices and served cold), entraña (innards); the list is never-ending. It is quite common to eat and enjoy a dish known as *cabrito al asador* (roast kid or goat) in the province of Córdoba.

Northwest and Cuyo



A bowl of *Locro* stew, a traditional standby in northwestern Argentina.

This region is regarded as perhaps the one most influenced by native Indians, and its foods are closely linked to the Andean-Incan tradition. When preparing regional dishes, potatoes and corn or wheat are almost always used, including quinoa (a cereal typically used in Incan cuisine), peppers, squashes and tomatoes. The most celebrated dishes are humita and tamal, in which the corn husk is stuffed with the corn filling itself, seasonings or meat.

This region is the most suitable to taste empanadas, particularly those stuffed with meat and offering different types of tempting varieties such as the *meat empanada*, *salteña* also filled with potatoes, or the *empanada tucumana*, which is stuffed with matambre and cut with a knife, or empanadas made with cheese. Empanadas are indistinct sized and closed savoury pastries which may be fried or baked in the oven and are generally eaten with

the hands.

Stews such as locro, carbonada and cazuelas (casseroles) are also typical dishes characterizing this region, which also include pumpkin or potato pudding stuffed with meat.

Many of the sweets produced in this region, such as quince, sweet potato, molasses and cayote jams, have given rise to a very well known and easily made dessert referred to as *vigilante*, or to so-called *queso y dulce* (where a piece of fresh cheese is served with one of the sweets mentioned above).

Mesopotamia

The humid and verdant area of north-east Argentina known as Mesopotamia, comprising the provinces of Misiones, Entre Ríos and Corrientes, is another area influenced by native Indians, particularly by the Guaraní tribe. Abounding in rivers and shores, it offers a wide diversity of fish species, such as dorado, pacú, surubi, boga and silverside.

Widely grown in this area, cassava is typically included in the region's dishes, as are other components of meals, such as the chipá (a cassava and cheese bread), which originally came from Paraguay. Sopa Paraguaya and Chipá Guazu are also commonly eaten. As regards products made with sugar, Papaya (mamón in Argentine Spanish) jam is typical of the province of Corrientes.



Mate, the northeastern region's best-known contribution to Argentine cuisine.

The principal product of this region is certainly yerba mate. Consumed countrywide, this product features a peculiarity of its own in this area: it is not only prepared with hot water, but, driven by the region's high temperatures, it is common to see it prepared with cold water as well, in which case the beverage is known as tereré.

Patagonia

Foods produced in the large southern region of Patagonia include fish and seafood from the sea and rivers, and the products of the sheep widely farmed there.

Marine species such as salmon, spider crabs, squid and other shellfish and molluscs may be caught in the Atlantic ocean. There are trout in the rivers.

The many berries grown in the area include cherries, bilberries, strawberries, rosa mosqueta and elders, which are made into jams.

The Northern and Central European settlements in this region have built up large-scale production of chocolate and its by-products. Viennese and German cuisine and pastries are also typically associated with this region.

Mutton and lamb, together with wild boar and venison tend to make up the region's meat-based dishes. Also typical of southern region are smoked products, including salmon, stag, wild boar, and pheasant.

Patagonia has been profound influenced by the tribes living there since long before Europeans arrived, in particular, the Mapuches and the Araucanos. A typical dish prepared by the latter is the curanto (a term meaning "hot stone"). Its preparation involves making a fire in a hole about 150 cm deep in the ground, and heating stones in it. A bed of nalca or maqui leaves is arranged on top of the stones, and ingredients are added in turn on top. Ingredients vary, but may include beef, lamb, pork, chicken, Argentine chorizos



Chocolate y dulce de leche cakes and other regional favorites in a San Martín de los Andes, Neuquén shop.

(pork sausages), potatoes, sweet potatoes, apples and holed squashes filled with cheese, cream and peas. The food is covered with leaves and damp pieces of cloth to keep the heat in, and covered with plenty of soil.

Alcoholic beverages



Glasses of Argentine red (left) and white (right) wine.

Though wine (*vino*) has traditionally been the most popular alcoholic beverage in Argentina, beer (*cerveza*; the Italian *birra* is frequently used) in recent decades has competed with wine in popularity. Breweries appeared in Argentina at the end of the 1860s, started by Alsatian colonists. The first were nearly all in the downtown of Buenos Aires (*el égido de la Ciudad Autónoma de Buenos Aires*), and soon Polish brewers began industrial production of beer: San Carlos in the province of Santa Fe, Río Segundo and Córdoba in the province of Córdoba, Quilmes and Lavallol on the outskirts of La Plata (in Buenos Aires Province), San Miguel de Tucumán in the province of Tucumán and on the outskirts of the cities of Mendoza and Salta.

The local consumption of beer has risen dramatically in the last generation: Argentines consumed 233 million liters in 1980 and 1.57 billion in 2007 (40 liters per capita).^[9] Outpacing that of wine since 2001, the growing production and consumption of beer has supported the existence of related events, for example beer festivals called *Oktoberfests* or "*Fiestas de la Cerveza*" in locations that have a significant German population (Villa General Belgrano in Córdoba, San Carlos and Esperanza in the province of Santa Fe, etc.). Such celebrations copy, in an Argentine manner, Munich's *Oktoberfest*, and similarly are tourist attractions. However, the presence of a vigorous population of Celtic lineage, principally of Irish origin, has supported the creation of other celebrations of beer, often for marketing purposes, such as Saint Patrick's Day (*Día de San Patricio*), patron of Ireland, which is celebrated with abundant libations.

The consumption of alcoholic beverages in Argentina is similar to that of the United States and somewhat lower than the Western European average.^[10] Argentines enjoy a variety of alcoholic beverages and Argentina can boast a

varied array of *elaboraciones*, whether industrial or artisanal. Besides beer and wine, Argentines frequently drink cider (here again, the heritage comes from Spain and Italy, more precisely from Asturias and Campania). Cider is the most popular beverage of the middle and lower economic classes at Christmas and New Year (the upper classes proverbially preferring to celebrate with locally produced champagne, although real old-line "creole" aristocrats will still drink cider, which is much more traditional).

Other widely consumed spirits are *aguardiente* (firewater) made from sugar cane, known as *caña quemada* ("burnt cane") or, simply, '**caña**' ("cane").^[11] A folkloric note about *caña quemada*: until June 21 it is traditional to drink *caña quemada* with *ruda macho* (a variant of common rue), it is supposed that this mixture prevents the flu and other illnesses. *Caña* competes, mainly in rural areas, with gin ("ginebra"—as in the Dutch kind of gin.)

There are many artisanally produced liqueurs (distilled, flavored alcoholic beverages) in Argentina, for example those flavored with orange, egg, anise, coffee, cherry and, inevitably, *dulce de leche*. The *Hesperidina* is a type of liqueur made from orange peels, invented in Argentina around 1890. One may also encounter *chitronchelo* or (in Italian) *citroncello*, based on lemon. This beverage arrived with immigrants from the Mezzogiorno, and is produced both artisanally and industrially (for example, at Mar del Plata).

Non-alcoholic specialties

Argentines enjoy a wide variety of non-alcoholic infusions (although now and then both "families" are mixed; the *yerbiao* for example, is mate mixed with *caña* or gin). Among these, *mate* has long been the most widely enjoyed; in 2006, over 700,000 metric tons were harvested in Argentina, mostly for domestic consumption.^[13]

The fact that mate is so prevalent in the *Southern Cone*, however, should not necessarily make visitors think that other infusions are rare in the region; in Argentina especially, given the strong European cultural imprint, the consumption of coffee is very common (141 cups per capita, annually). Chocolate infusions are also popular (the eating of chocolate is a Spanish influence, although the plant originated in Mesoamerica). This consumption grows during autumn and winter, or in the cold regions of the country; there are two dates where consumption of chocolate infusions is traditional in the primary educational centres: 25 May and 9 July, that is, the two national dates of Argentina.

English cultural influence (reinforced at the end of the 19th century and beginnings of the 20th by British contacts with the Far East) has also made the consumption of tea very common.

Medicinal herbs are common in the whole country; among the most popular are: chamomile, lanceleaf, *boldo*, *poleo*, *peperina*, *carqueja*, thyme, *canchalagua*, rue (*macho* and *hembra*, that is, "male" and "female"), mallow, rosemary, passion flower, *bira bira*, *palán palán*, *muña muña*, to mention only the main ones. Many of these herbs are also used in apéritifs and bitters, whether alcoholic or not.



Café Tortoni, one of the many coffehouses in Buenos Aires. The consumption of coffee is very common (141 cups per capita, annually).^[12]

Popular short-order dishes

Common *restoranes* or *restaurantes* and *rotiserias* (grill restaurants) nearly anywhere in Argentina today serve (into the small hours) quickly prepared meals that in the course of the 20th century came to be known as *minutas*, "short-order dishes." Some of the dishes included in the category of *minutas* are *milanesas*, *churrascos*, *bifes* (beefsteaks), *escalopes*, *tallarines*, *ravioles* (ravioli), *ñoquis* (gnocchi), although some are very typical of locations that sell food: "*bifes*" and "*milanesas*" are served "*a caballo*" ("on horseback", with fried egg on top), "*milanesa completa*" (a *milanesa* with two fried eggs and French fries), "*revuelto Gramajo*", "*colchón de arvejas*" (an omelette made with peas), "*suprema de pollo*" (chicken supreme, usually breaded as a *milanesa*), *matambres*, "*lengua a la vinagreta*" (pickled tongue), and "sandwiches" (sandwiches de miga) are made with sliced white bread, rather than, say, rolls).

The most common sandwiches are those made of *milanesa*, baked ham and cheese, 'pan de miga, *toast*, *pebetes*, *panchos* (*hot dogs*), *choripánes*, *morcipánes*, *etc.*; from Montevideo comes a different species of sandwich called the *chivito*, even though it contains no goat meat.

Picadas, which are consumed at home or in bars, *café*s, "*cafetines*" and "*bodegones*" are also popular; they consist of an ensemble of plates containing cubes of cheese (typically from Mar del Plata or Chubut), pieces of salame, olives in brine, french fries, *maníes* (peanuts), *etc.*; *picadas* are eaten accompanied by an alcoholic beverage ("*fernet*", beer, wine with soda, to give some common examples).

The people of Argentina greatly enjoy *helado* (ice cream or sorbet). In Spanish colonial times a type of sorbet was made from hail or snow^[citation needed].



Bar Británico, Buenos Aires. These "bars" are typically more akin to British "pubs" and are popular at lunchtime.



A *Picada*, the Italian-influenced between-meals standby

Eating habits

In most parts of Argentina, lunch is the largest meal of the day. Excluding the largest cities, such as Buenos Aires, most towns close for lunch time. This is when most people return home to enjoy a large meal. Traditional lunches in Argentina are long and well developed.

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External links

- SaltShaker (<http://www.saltshaker.net>) - Blog on Buenos Aires "food, drink, and life".
 - Pick Up the Fork (<http://www.pickupthefork.com>) - Fun guide to Buenos Aires' food, restaurant and bar scene
 - Argentina on two steaks a day (http://www.idlewords.com/2006/04/argentina_on_two_steaks_a_day.htm)
 - Cocina Pop (<http://www.cocinapop.com>) - Typical Argentine recipes, with videos.
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Bolivian cuisine

Part of a series on the
Culture of Bolivia

History
People
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Bolivian cuisine stems mainly from the combination of Spanish cuisine with traditional Indigenous Aymara ingredients, with later influences from Argentinians, Germans, Italians, Basques, Russians, Poles, and Arabs due to the arrival of immigrants from those countries. The three traditional staples of Bolivian cuisine are corn, potatoes, and beans. These ingredients have been combined with a number of staples brought by the Spanish, such as rice, wheat, and meat, such as beef, pork, and chicken.



Salteñas

Typical foods

- Ají
- Ají de fideos
- Ají de lengua
- Asadido vallegrandino
- Chairó
- Chanka de pollo
- Chicha
- Chorizo
- Chuflay
- Chuño
- Falso conejo
- Fritanga

- Guinea pig (*Aka Cuy*)
- Fricase
- Humintas
- Jakonta soup
- Lawa
- Locro
- Llajwa
- Majao
- Marraqueta
- Picante de pollo
- Picante Mixto
- Pique macho
- Plato paceño
- Quinoa
- Roasted duck
- Saice
- Salteñas
- Singani
- Sopa de maní
- Silpancho
- Yungueño
- Charque

Mealtimes

Lunch (*almuerzo*)

Almuerzo is the most important meal of the Bolivian day, so much so that daily life tends to revolve around it. Long lunches are traditional throughout the country, so businesses and shops often close between the hours of 12 and 3 pm, so that the workers have time to return home for lunch. A typical Bolivian lunch would consist of several courses, including a soup, a main course of meat, rice, and potatoes, then a dessert and coffee.^[2] Lunch is taken at a leisurely pace and is traditionally followed by a nap, the often-referred *siesta*.

Teatime (*té*)

Strangely, and very much like British culture, Bolivians observe an afternoon tea break. Usually the tea breaks take place around 4 and 5 pm at salones de té' (tea rooms). These tea rooms often double as bakeries so that tea and pastries are enjoyed together.^[3] Cups of black tea are usually taken with biscuits such as Galletas Maria. Often, Bolivians drink yerba maté in place of the more common black tea.

Dinner (*la cena*)

Dinner is a lighter, much more informal affair than lunch that typically takes place at usually 8 pm or later.

Religion
Art
Literature
Sport
•  Brazil portal
• v
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• e ^[2]

Brazilian cuisine has European and African influences. It varies greatly by region, reflecting the country's mix of native and immigrant populations, and its continental size as well. This has created a national cuisine marked by the preservation of regional differences.

Ingredients first used by native peoples in Brazil include *cassava*, *guaraná*, *açaí*, *cumaru* and *tacacá*. From there, the many waves of immigrants brought some of their typical dishes, replacing missing ingredients with local equivalents. For instance, the European immigrants (primarily from Portugal, Italy, Spain, Germany, Poland and Switzerland) were accustomed to a wheat-based diet, and introduced wine, leaf vegetables, and dairy products into Brazilian cuisine. When potatoes were not available they discovered how to use the native sweet manioc as a replacement. The African slaves also had a role in developing Brazilian cuisine, especially in the coastal states. The foreign influence extended to later migratory waves - Japanese immigrants brought most of the food items that Brazilians would associate with Asian cuisine today,^[3] and introduced large-scale aviaries, well into the 20th century.^[4]

Root vegetables such as cassava (locally known as *mandioca*, *aipim* or *macaxeira*, among other names), yams, and fruit like *açaí*, *cupuaçu*, mango, papaya, guava, orange, passion fruit, pineapple, and hog plum are among the local ingredients used in cooking.

Some typical dishes are feijoada, considered the country's national dish;^[5] and regional foods such as *vatapá*, *moqueca*, polenta and acarajé.^[6] There is also *caruru*, which consists of okra, onion, dried shrimp, and toasted nuts (peanuts and/or cashews), cooked with palm oil until a spread-like consistency is reached; *moqueca capixaba*, consisting of slow-cooked fish, tomato, onion and garlic, topped with cilantro; and *linguiça*, a mildly spicy sausage.

The national beverage is coffee, while cachaça is Brazil's native liquor. Cachaça is distilled from sugar cane and is the main ingredient in the national cocktail, caipirinha.

Cheese buns (*pães-de-queijo*), and *salgadinhos* such as *pastéis*, *coxinhas*, *rissóis* (from pierogy of Polish cuisine) and *kibbeh* (from Arabic cuisine) are common finger food items, while *cuscuz branco* (milled tapioca) is a popular dessert.

Regional cuisines

There is not an exact single "national Brazilian cuisine", but there is an assortment of various regional traditions and typical dishes. This diversity is linked to the origins of the people inhabiting each region.

For instance, the culinary in Bahia is heavily influenced by a mix of African, Indigenous and Portuguese cuisines. Chili (including chili sauces) and palm oil are very common. But in the Northern states, due to the abundance of forest and freshwater rivers, fish and cassava are staple foods. In the deep south like Rio Grande do Sul, the influence shifts more towards *gaúcho* traditions shared with its neighbors Argentina and Uruguay, with many meat based products, due to this region livestock based economy - the *churrasco*, a kind of barbecue, is a local tradition.

Southeast Brazil's cuisine



Feijoada (left) and Pastel (right)

Brazilian pine nuts (*pinhão*) grow in a tree (*Araucaria angustifolia*) that is abundant in the southern part of Brazil, and are a popular national snack, as well as a lucrative export. Rice and beans are an extremely common dish, as are fish, beef and pork.

In Rio, São Paulo and Minas Gerais, the feijoada (a black bean and meat stew rooted) is popular especially as a Wednesday or Saturday lunch. Also consumed frequently is *picadinho* (literally, diced meat), and/or rice and beans.

In Rio de Janeiro, besides the *feijoada*, a popular plate is any variation of grilled bovine fillet, rice and beans, farofa and French fries, commonly called *Filé à Osvaldo Aranha*. Seafood is very popular in coastal areas, as is roasted chicken (*galetto*).

In São Paulo, a typical dish is *virado à paulista*, made with rice, *tutu de feijão*, salted kale, and pork. São Paulo is also the home of pastel, a food consisting of thin pastry envelopes wrapped around assorted fillings, then deep fried in vegetable oil. It is a common belief that they originated when Japanese immigrants adapted the recipe of fried spring rolls to sell as snacks at weekly street markets.

In Minas Gerais, the regional dishes include corn, pork, beans, chicken (including the very typical dish *frango com quiabo*, or chicken with okra), *tutu de feijão* (paste of beans and cassava flour), and local soft ripened traditional cheeses.

In Espírito Santo, there is significant Italian and German influence in local dishes, both savory and sweet.^[citation needed] The state dish, though, is of Amerindian origin,^[citation needed] called *moqueca capixaba* (a tomato and fish stew prepared in a clay pot). The cuisine of Minas Gerais is also strongly influential there, with many restaurants serving that fare.

North Brazil's cuisine

The cuisine of this region, which includes the states of Acre, Amazonas, Amapá, Pará, Rondônia, Roraima, and Tocantins, is heavily influenced by indigenous cuisine. In the state of Pará, there are several typical dishes including:

Pato no tucupi (duck in tucupi) – one of the most famous dishes from Pará. It is associated to the *Círio de Nazaré*, a great local Roman Catholic celebration. The dish is made with *tucupi* (yellow broth extracted from cassava, after the fermentation process of the broth remained after the starch had been taken off, from the raw ground manioc root, pressed by a cloth, with some water; if added maniva, the manioc ground up external part, that is poisonous because of the cianic acid, and so must be cooked for several days). The duck, after cooking, is cut into pieces and boiled in *tucupi*, where is the sauce for some time. The *jambu* is boiled in water with salt, drained and put on the duck. It is served with white rice and manioc flour.

Northeast Brazil's cuisine

The Brazilian Northeastern cuisine is heavily influenced by African cuisine from the coastal areas of Pernambuco to Bahia, as well as the eating habits of indigenous populations that lived in the region.

The *vatapá* is a Brazilian dish made from bread, shrimp, coconut milk, finely ground peanuts and palm oil mashed into a creamy paste.

The Bobó de camarão is a dish made with cassava and shrimps (camarão).

The acarajé is a dish made from peeled black-eyed peas formed into a ball and then deep-fried in *dendê* (palm oil). Often sold as street food, it is served split in half and then stuffed with *vatapá* and *caruru*. Acarajé is typically available outside of the state of Bahia as well, including the markets of Rio de Janeiro.

In other areas, more to the west or away from the coast, the plates are most reminiscent of the indigenous cuisine, with many vegetables being cultivated in the area since before the arrival of the Portuguese. Examples include *baião de dois*, made with rice and beans, dried meat, butter, *queijo coalho* and other ingredients. Jaggery is also heavily identified with the Northeast, as it is *carne-de-sol*, *paçoca de pilão*, and *bolo de rolo*.

Tapioca flatbreads or pancakes are also commonly served for breakfast in some states, with a filling of either cheese or condensed milk, among others.



Vatapá



Bobó de camarão.

Southern Brazil's cuisine

In Southern Brazil, due to the long tradition in livestock production and the heavy German immigration, the red meat is the basis of the local cuisine.

Besides many of the pasta, sausage and dessert dishes common to continental Europe, *churrasco* is the term for a barbecue (similar to the Argentine, Uruguayan, Paraguayan and Chilean asado) which originated in southern Brazil. It contains a variety of meats which may be cooked on a purpose-built "churrasqueira", a barbecue grill, often with supports for spits or skewers. Portable "churrasqueiras" are similar to those used to prepare the Argentine, Chilean, Paraguayan and Uruguayan asado, with a grill support, but many Brazilian "churrasqueiras" do not have grills, only the skewers above the embers. The meat may alternatively be cooked on large metal or wood skewers resting on a support or stuck into the ground and roasted with the embers of charcoal (wood may also be used, especially in the State of Rio Grande do Sul).



Chimarrão

Since gaúcho's were nomadic and lived off the land, they had no way of preserving food, the gauchos would gather together after butchering a cow, and skewer and cook the large portions of meat immediately over a wood burning fire. The slow-cooked meat basted in its own juices and resulted in tender, flavorful steaks. This style would carry on to inspire many contemporary churrascaria which emulate the cooking style where waiters bring large cuts of roasted meat to diners' tables and carve portions to order.

The *chimarrão* is the regional beverage, often associated with the gaúcho image.

Popular dishes

- **Rice and beans** is an extremely popular dish, considered basic at table; a tradition Brazil shares with several Caribbean nations. Brazilian rice and beans usually are cooked utilizing either lard or the nowadays more common edible vegetable fats and oils, in a variation of the Mediterranean sofrito locally called *refogado* which usually includes garlic in both recipes (many Brazilians do not like garlic in rice, and not using garlic is the standard in restaurants) and sometimes onion, or even Welsh onions, parsley, fresh coriander and/or other herbs (again, it depends on personal tastes).
- In variation to rice and beans, Brazilians usually eat pasta (including spaghetti, lasagne, *yakisoba*, *lamen*, and *bifun*), pasta salad, various dishes using either potato or manioc, and polenta as substitutions for rice, as well as salads, dumplings or soups of green peas, chickpeas, black-eyed peas, broad beans, butter beans, soybeans, lentils, *moyashi* (which came to Brazil due to the Japanese tradition of eating its sprouts), *azuki*, and other legumes in substitution for the common beans cultivated in South America since Pre-Columbian times. It is more common to eat substitutions for daily rice and beans in festivities such as Christmas and New Year's Eve (the tradition is lentils), as follow-up of *churrasco* (mainly potato salad/carrot salad, called *maionese*, due to the widespread use of both industrial and home-made mayonnaise, which can include egg whites, raw onion, green peas, sweetcorn or even chayote squashes, and pronounced almost exactly as in English and French) and in other special occasions.
- Either way the basis of Brazilian daily cuisine is the starch (most often a cereal), legume, protein and vegetable combination. There is also a differentiation between vegetables of the *verduras* group, or greens, and the *legumes* group (no relation to the botanic concept), or non-green vegetables. There are Brazilians which eat both daily or the most often they can, only vegetables of one group, or none at all, which again depends on personal tastes.
- **Salgadinhos** are small savoury snacks (literally *salties*). Similar to Spanish *tapas*, these are mostly sold in corner shops and a staple at working class and lower middle-class familiar celebrations. There are many types of pastries:
 - *Pão de queijo* (cheese bun, literally "cheese bread"), a typical Brazilian snack, is a small, soft roll made of manioc flour, eggs, milk, and minas cheese. It can be bought ready-made at a corner store or frozen and ready to bake in a supermarket and is gluten-free.
 - **Coxinha** is a chicken croquette shaped like a chicken thigh.
 - **Kibe/Quibe**: extremely popular, it corresponds to the Lebanese dish *kibbeh* and was brought to mainstream Brazilian culture by Syrian and Lebanese immigrants. It can be served baked, fried, or raw.
 - **Esfiha**: another Middle Eastern dish, despite being a more recent addition to Brazilian cuisine they are nowadays easily found everywhere, specially in Northeastern, Southern and Southeastern regions. They are pies/cakes with fillings like beef, mutton, cheese curd, or seasoned vegetables.
 - **Pastéis** are pastries with a wide variety of fillings. Similar to Spanish fried empanadillas, but of Japanese origin (and brought to Brazil by the Japanese diaspora). Different shapes are used to tell apart the different flavours, the two most common shapes being half-moon (cheese) and square (meat). Size, flavour, and shape



Coxinha is a popular Brazilian snack.



Brazilian cheese.

may vary greatly.

- **Empadas** are snacks that resemble pot pies in a small scale. Filled with a mix of palm hearts, peas, flour and chicken or shrimp.
- **Cuscuz branco** is a dessert consisting of milled tapioca cooked with coconut milk and sugar and is the couscous equivalent of rice pudding.
- **Açaí, cupuaçu, starfruit**, and many other tropical fruits are shipped from the Amazon Rainforest and consumed in smoothies or as fresh fruit. Other aspects of Amazonian cuisine are also gaining a following.
- Cheese: the dairy-producing state of Minas Gerais is known for such cheeses as Queijo Minas, a soft, mild-flavored fresh white cheese usually sold packaged in water; requeijão, a mildly salty, silky-textured, spreadable cheese sold in glass jars and eaten on bread; and Catupiry, a soft processed cheese sold in a distinctive round wooden box.
- Pinhão is the pine nut of the *Araucaria angustifolia*, a common tree in the highlands of southern Brazil. The nuts are boiled and eaten as a snack in the winter months. It is typically eaten during the festas juninas.
- *Risoto* (risotto) is a rice dish cooked with chicken, shrimp, and seafood in general or other protein staples sometimes served with vegetables, another very popular dish in Southern Brazil.
- Mortadella sandwich
- Sugarcane juice, mixed with fruit juices such as pineapple or lemon.
- **Angu** is a popular side dish (or a substitution for the rice fulfilling the "starch element" of use common in Southern and Southeastern Brazil). It is similar to the Italian polenta.
- **Arroz com pequi** is a traditional dish from the Brazilian Cerrado, and the symbol of Center-Western Brazil's cuisine. It is basically made with rice seasoned on pequi, also known as a souari nut, and often chicken.

Also noteworthy are:

- Special ethnic foods and restaurants that are frequently found in Brazil include Arab cuisine (Lebanese and Syrian), local variations of Chinese cuisine (nevertheless closer to the traditional than American Chinese cuisine), Italian cuisine, and Japanese cuisine (sushi bars are a constant in major metropolises, and people from Rio de Janeiro are more used to *temaki* than people from São Paulo, home of more than 70% of the Japanese diaspora in the country).
- **Pizza** is also extremely popular. It is usually made in a wood-fire oven with a thin, flexible crust, little or very little sauce, and a number of interesting toppings. In addition to the "traditional" Italian pizza toppings, items like guava cheese and Minas cheese, banana and cinnamon, poultry (either milled chicken meat or smoked turkey breast) and catupiry, and chocolate are available. Traditionally olive oil is poured over the pizza, but in some regions people enjoy ketchup, mustard and even mayonnaise on pizza - on Rio de Janeiro, for instance, a servant might be surprised if someone asks for olive oil instead of ketchup, more traditional regionally.^[7]
- *Broa*, corn bread with fennel.



Caipirinha, a national drink

Drinks



Brazilian Cachaça

- Cachaça is Brazil's native liquor, distilled from sugar cane, and it is the main ingredient in the national drink, the Caipirinha. Other drinks include coffee, tea (yerba maté), fruit juice, beer, rum, guaraná and batidas. Guaraná is a caffeinated soft drink made from guaraná seeds and batidas is a type of citrus punch.

Typical and popular desserts

Brazil has a variety of candies such as brigadeiros (chocolate fudge balls), cocada (a coconut sweet), beijinhos (coconut truffles and clove) and romeu e julieta (cheese with a guava jam known as goiabada).

Peanuts are used to make paçoca, rapadura and pé-de-moleque. Local common fruits like açaí, cupuaçu, mango, papaya, cocoa, cashew, guava, orange, passionfruit, pineapple, and hog plum are turned in juices and used to make chocolates, popsicles and ice cream.^[8]

Typical cakes (*Bolos*)

- *Pão de mel* (honey cake, somewhat resembling gingerbread, usually covered with melted chocolate)
- *Bolo de rolo* (roll cake, a thin mass wrapped with melted guava, most often called *rocambole* in Southern and Southeastern Brazil)
- *Bolo de cenoura* (carrot cake with chocolate cover made with butter and cocoa)
- *Bolo prestígio* (chocolate cake with a coconut and milk cream filling, covered with brigadeiro)
- *Bolo de fubá* (corn flour cake)
- *Bolo de milho* (Brazilian-style corn cake)
- *Bolo de maracujá* (passion fruit cake)
- *Bolo de mandioca* (cassava cake)
- *Bolo de queijo* (literally "cheese cake")
- *Bolo de laranja* (orange cake)
- *Bolo de banana* (banana cake spread with cinnamon)

Other popular and/or traditional desserts



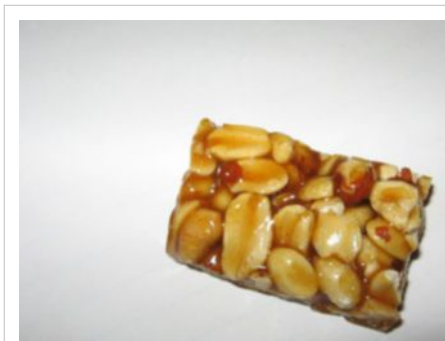
A Brazilian chocolate candy (Brigadeiro).

- Fig, papaya, mango, orange, citron, pear, peach, pumpkin, sweet potato (among others) sweets and preserves, often eaten with solid fresh cheese and/or doce de leite.
- *Quindim* (egg custard with coconut)
- *Brigadeiro* (a Brazilian chocolate candy)
- *Biscoitos de maizena* (cornstarch cookies)
- *Beijinho* (coconut "truffles" with clove)
- *Cajuzinho* (peanut and cashew "truffles")
- *Cocada* (coconut sweet)
- *Olho-de-sogra*
- *Pudim de pão* (literally "bread pudding", a pie made with bread "from yesterday" immersed in milk instead of flour (plus the other

typical pie ingredients like eggs, sugar etc.) with dried orange slices and clove)



Paçoca



Pé-de-moleque



Rapadura

- *Manjar branco* (coconut pudding with caramel cover and dried plums)
- *Doce de leite*
- *Arroz-doce* (rice pudding)
- *Canjica* (similar to rice pudding, but made with white corn)
- *Romeu e Julieta: goiabada* (guava cheese) with white cheese (most often Minas cheese or requeijão)
- *Torta de Limão* (literally "Lemon Pie", a shortcrust pastry with creamy lemon-flavored filling)
- *Pé-de-moleque* (made with peanuts and sugar caramel)
- *Paçoca* (similar to Spanish *polvorones*, but made with peanuts instead of almonds and without addition of fats)
- *Pudim de leite* (condensed milk-based crème caramel, of French origin)
- *Brigadeirão* (a *pudim de leite* with chocolate or a chocolate cake)
- *Rapadura*
- *Doce de banana* (different types of banana sweets, solid or creamy)
- *Maria-mole*
- *Pamonha* (a traditional Brazilian food made from fresh corn and milk wrapped in corn husks and boiled). It can be savoury or sweet.
- *Papo-de-anjo*
- "Açaí na tigela" (usually consists of an açaí (Brazilian fruit) mixture with bananas and cereal or strawberries and cereal (usually granola or muslix))
- Avocado cream (avocado, lime and confectionary sugar; blended and chilled)

Daily meals

- Breakfast,¹ the *café-da-manhã* (literally, "morning coffee"): Every region has its own typical breakfast. It is common to find tropical fruits, typical cakes, tapioca, cuscuz, grilled ham-and-cheese-sandwiches, bread and butter, mortadella, ham, cheese, requeijão, ham and cheese, ham and requeijão, smoked turkey and cheese, smoked turkey and requeijão, honey, or jam, and the drink can be sweetened coffee, juice, hot chocolate, café com leite, or sweetened tea.
- Elevenes or brunch,² the *lanche-da-manhã* (literally, "morning snack"): Juices, fruits, light sandwiches, crackers and cookies are the most common snacks if one eats a breakfast really early at morning, while others may eat a more hearty lunch-like meal if they didn't have breakfast at all.
- Midday dinner or lunch,¹ the *almoço*: Normally this is the biggest meal. Rice is a staple of the Brazilian diet, albeit it is not uncommon to eat pasta instead. It is usually eaten together with beans, boiled dry legumes and some other kind of protein, and may be served together with farofa (a toasted flour of manioc or corn), polenta, salads and/or cooked vegetables.
- Tea,² the *lanche-da-tarde* (literally "afternoon snack"): It is a meal had between lunch and dinner, and basically everything people eat in the breakfast, they also eat in the afternoon snack. Nevertheless, fruits are less common.
- Night dinner or supper,¹ the *jantar*: For most Brazilians, *jantar* is a light affair, while others dine at night. Soups, salads, pasta, hamburgers or hot-dogs, pizza or repeating midday dinner foods are the most common dishes.
- Late supper,² the *ceia*: Brazilians eat soups, salads, pasta and what would be eaten at the elevenes if their *jantar* was a light one early at the evening and it is late at night or dawn. It is associated with Christian holidays, for example.



A Brazilian breakfast buffet.

¹ Main meals, that are served nearly everywhere, and are eaten in nearly all households above poverty line.

² Secondary meals. People usually have a meal at the tea time, while elevenes and late suppers depend in peculiarities on one's daily routine or certain diets.

Restaurant styles

A simple and usually inexpensive option, which is also advisable for vegetarians, is comida à quilo or comida por quilo restaurants (literally "food by kilo value"), a buffet where food is paid for by weight. Another common style is the all-you-can-eat restaurant where customers pay a prix fixe. In both types (known collectively as "self-services"), customers usually assemble the dishes of their choice from a large buffet.

Rodízio is a common style of service, in which a prix fixe is paid, and servers circulate with food. This is common in churrascarias, resulting in an all-you-can-eat meat barbecue.

The regular restaurant where there is a specific price for each meal is called "restaurante a la carte".

Vegetarian

Although many traditional dishes are prepared with meat or fish, it is not difficult to live on vegetarian food as well, at least in the mid-sized and larger cities of Brazil. There is a rich supply of all kinds of fruits and vegetables, and on city streets one can find cheese buns (*pão de queijo*); in some cities even the version made of soy.

In the 2000s, São Paulo, Rio de Janeiro and Porto Alegre have gained several vegetarian and vegan restaurants. However outside big metropolises, vegetarianism is not very common in the country. Not every restaurant will provide vegetarian dishes and some seemingly vegetarian meals may turn out to include unwanted ingredients. Commonly "meat" is understood to mean "red meat," so some people might assume a vegetarian eats fish and chicken. *Comida por quilo* and all-you-can eat restaurants prepare a wide range of fresh dishes. Diners can more easily find food in such restaurants that satisfies dietary restrictions.

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External links

- Brazilian BBQ supplies (<http://www.ChurrascoShop.com>)

Chilean cuisine

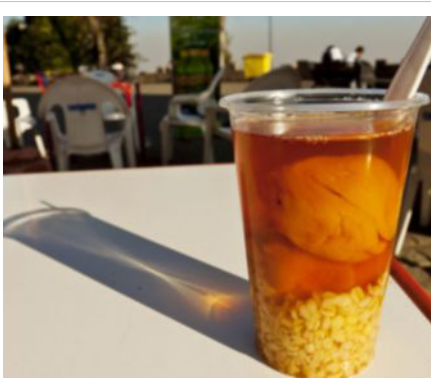
Part of a series on the
Culture of Chile

History
People
Languages
Cuisine
Religion
Sport
 Chile portal
 v t e^[1]

Chilean cuisine^[2] stems mainly from the combination of traditional Spanish cuisine, Chilean native culture and local ingredients, with later influences from other European cuisines, particularly from Germany, Italy and France. The food tradition and recipes in Chile are notable for the variety of flavours and ingredients, with the country's diverse geography and climate hosting a wide range of agricultural produce, fruits and vegetables. The long coastline and the peoples' relationship with the Pacific Ocean add an immense array of seafood products to Chilean cuisine, with the country's waters home to unique species of fish, molluscs, crustaceans and algae, thanks to the oxygen-rich water brought carried in by the Humboldt Current. Chile is also one of the world's largest producers of wine and many Chilean recipes are enhanced and accompanied by local wines.

History

With the arrival of the Spanish conquerors led by Pedro de Valdivia in 1540 came some of the products that would become staples of Chilean cuisine - wheat, pigs, sheep, cattle, chickens and wine - while the native peoples contributed potatoes, maize, beans, and seafood. Various combinations of these basic ingredients form the basis of most characteristic Chilean dishes. After the establishment of the colony, products and dishes like chuchoca (coarsely ground dry corn), Humitas, Locro and seaweeds like Cochayuyo and Luche served with boiled eggs became popular. Meals in colonial times tended to be heavy and rich. Lunch was always bigger than dinner, starting with a dish called “De Residencia” of fish, meat, or poultry, followed by a “Guiso” stew with Choclo (fresh sweet



Mote con huesillo

corn) and potatoes. There were 3 kinds of bread accompanying the meals: Tortilla de rescoldo, Spanish bread (made of fatty dough), and Chilean bread (flat and crunchy). Lunch and dinner ended with herbal infusions, generally Paico to help digestion, and finally fruit for dessert, mainly strawberries and Lucumas.

In the seventeenth century, pastry was popularized by the nuns who baked it in convents. A popular Chilean saying, “tiene mano de monja” (“s/he has nun hands”), comes from this period and refers to someone who is really good at baking or cooking in general. The nuns’ pastry recipes fast become popular among the rest of the Chilean population. During the same period, geese and turkeys arrived in Chile from Mexico and melons and watermelons came from Jamaica. During the eighteenth century, Chilean cuisine started to become more sophisticated, particularly among the aristocracy. Tea and coffee began to replace Mate, Chilean wine became popular and people started to drink chicha de uva, a sweet, undistilled wine made from fermented grapes or apples.

During the early years of Chilean independence, the so-called Patria Vieja, Chileans celebrated with empanadas, chicha and red wine, which is still traditional today at the annual celebrations of independence.

Immigration to Chile

During the nineteenth century, Chile began to form its own identity and food became a part of this. Immigration, which had been limited and incidental at the beginning of the young republic, was now actively encouraged by the Chilean government between late nineteenth century and early 20th century. The variety of produce increased with the arrival German immigrants in the south of the country, who brought pork dishes, sausages and pastries. Today, Berliners and kuchen are common in bakeries throughout Chile. Italian immigrants contributed pasta and meat products, and in towns like Capitán Pastene in the south of Chile, they still prepare Prosciutto in the same way as the first Italian immigrants.^[3]

In the twentieth century, French culture had a strong influence on Chile, including its cuisine: French gastronomy and techniques influenced the preparation of the food, and even replaced some dishes, for example the Spanish tortilla, which was replaced by the omelette. Along with the Italians, Germans, and French came Croatians, Greeks, Palestinians, Belgians and Basques. In the 21st century, Chile is a modern and prosperous country with strong economic growth bringing greater disposable income and the consequent development of a rich gastronomic industry.



Asado Chileno



Paila marina, a shellfish soup containing different kinds of cooked fish and seasoned with herbs.



Almejas a la Parmesana



Caldillo de congrio (“Caldillo” is a clear thin soup)

Major crops and products

Agriculture in Chile encompasses a wide range of different activities and products, due to the unique geography, climate and geology. Historically, agriculture was one of the bases of Chile's economy; now, however, agriculture and related sectors like forestry, logging and fishing accounts for only about the 4.9% of the GDP. Major agricultural products of Chile include grapes, apples, pears, onions, wheat, maize, oats, peaches, garlic, asparagus, beans, beef, poultry, wool, fish and timber.^[4] These and many other agricultural products have found their way into many Chilean recipes.

- Olives: Although originating in Europe, olives from Azapa in Arica, are considered a variety of their own, typical of the dry northern region, and are widely recognized in Chile.

- Cherimoya or Chirimoya: this fruit native to the subtropical regions of the Andes mountains is widely consumed and produced.
- Maize: Known in Chile and Peru as *choclo*, and in some English-speaking countries as corn, maize was the staple diet that prospered in the empires of the Maya, Aztecs, and Incas. It was also cultivated using varying techniques by the Atacameño people of northern Chile. Through trade and travel, maize was brought to and eventually embraced by the Mapuche, who began using it in their own preparations. It should be noted that Chilean *choclo* is a different variety of maize than that known elsewhere. It originated in Peru and is distinguishable by its very large kernels, which are tougher than North American corn, and its savoury, somewhat nutty flavour.
- Lúcumá: A subtropical fruit of Andean origin, native to Peru and Chile, lúcumá is grown in southern Ecuador and the northern coast of Chile. The fruit is very nutritious, having high levels of carotene and vitamin B₃. Lúcumá is exported all over the world and is an popular flavour for desserts and ice cream.
- Murta or Murtilla: an endemic shrub native to southern Chile. The Mapuche name is *uñi*, and Spanish names include Murta and Murtilla (“little myrtle”); it is also sometimes known as “Chilean guava”. It was used by the Mapuche before the arrival of the Spaniards. It is used in the preparation of jams and liquor.
- Potato: Featured heavily in dishes such as cazuela, the potato native to the Americas was widely grown in Chiloé Archipelago. It is a fundamental product in a wide array of dishes, and is originally from the island of Chiloé in southern Chile.
- Quinoa: grown as a crop primarily for its edible seeds, quinoa originated in the Peruvian Andean region of South America, where it has been an important food for 6,000 years. Varieties of quinoa are grown in Concepción and Temuco.
- Nalca or Pangué: The Chilean rhubarb is a plant species native to southern Chile. Its leaves are used in the preparation of curanto and the stems in salad, as fruit or in preserves.
- Avocado: *Palta*, as it is called in Chile, has been consumed since pre-Hispanic times. The Chilean variety is called *Negra de la Cruz* (“La Cruz Black”) after the town of La Cruz in the Valparaíso Region, the main producer; it is also called *Prada* or *Vicencio*.
- Aji Verde (Green Chili): One of the most common varieties in Chile; called green chili because it is consumed before his maturation.



Choclo



Chirimoya



Cochayuyo



Avocado

Fish and seafood

A characteristic of Chilean cuisine is the variety and quality of fish and seafood, due to the geographic location and extensive coastline. The Humboldt current brings a supply of seafood that gathers along the Pacific coast perpendicular to Chilean waters. These include:

Fish

- Soleidae (Solecane *use)
- Albacore
- Codfish (Bacalao)
- Hake (Merluza)
- Sciaenidae (Corvina)

- Salmon
- Tuna
- Jurel
- Reineta
- Congrio
- Lubina
- Albacora

Seafood

- Abalone
- Macha similar to *Ensis macha* is a kind of razor clams.
- Prawn
- choros (Mejillones in other Spanish speakers countries)
- Clam
- Centolla Chilena or Southern King Crab
- crab (Jaiba)
- Shrimp
- Oyster
- Lobster
- Langosta de Juan Fernández (Juan Fernández Island Lobsters)
- Locos
- Picorocos
- *Pyura chilensis* (Piure)
- Squid
- Cuttlefish (Jibia)
- Sea urchin (Eriso)



Pyura chilensis (Piure) on machas



Chorito (Chilean Mejillon)



Picorocos



A Pacific razor clam similar to Chilean Machas

Cuisine of the North

Northern cuisine is strongly influenced by the Andean Aymara and Atacameño cultures, and also by the coastal Chango people. The northern diet is traditionally high in protein. The use of tubers like the Apilla or Oca is and the Ulluco is common, though these are practically unknown in central and southern Chilean cuisine. Traditional northern Chilean cuisine also includes the use of camelid meats like llama and alpaca. Dishes like Chairó have been prepared for centuries by the Andean cultures, although they are not as common nowadays among the northern Chilean population and are almost unknown in the rest of Chile.

Recipes from the northern regions of Chile

- Asado: Meat roasted on the barbecue. In the north it is possible to find asados prepared with alpaca meat.
- Chicharrón de papa: Pieces of meat and fat from llama and lamb, boiled and then fried. Served with potatoes, salad, or consumed as a snack by farmers and peasants.
- Guatitas: A stew of cow stomach (guatita means “tummy”).
- Chairó: An altiplanic llama stew, one of the least known in the rest of Chile.
- Charqui: Dried and salted meat, originally llama.
- Calapurca: Spicy soup, with potatoes, corn and different kinds of meat.
- Tortilla de mariscos: A kind of omelette of beaten eggs fried with seafood and chorizo, similar to prawn tortilla from Spain.
- Machas a la parmesana: A type of shellfish similar to the razor clam that is cooked in the oven with bits of Parmesan cheese and other condiments. Is often eaten as an appetizer.
- Conchas de camarones: Prawns, leeks, cheese, milk and other ingredients form a mix that is served in oyster shells.
- Erizos con salsa verde: Sea urchin is very abundant in the Chilean seas, but its extraction is limited by the government to certain times of year only. It is often eaten raw with a little lemon, coriander or parsley, and onion, as an appetizer.
- Caldillo de congrio: A fish stew with conger eel and vegetables, commonly found throughout the country.
- Picante de conejo, cow stomach or chicken: Spicy dish of vegetables fried and stewed with meat of rabbit, chicken, or cow stomach. Hand crushed potatoes are added at the end.
- Plateada con Quinoa: Literally “silver plated”. A cut of beef known in English as “Rib Cap” is cooked with quinoa, onions, garlic and white wine.
- Cazuela marina: A stew of different types of seafood, such as razor clams, oysters and shrimp, similar to Paila Marina but with more vegetables.
- Estofado de cordero: Lamb Stew.
- Ensalada chilena nortina: Onions and tomatoes prepared a la Julienne. It is similar to the basic Ensalada Chilena with the addition of goat cheese and olives.
- Ensalada de Quinoa: Quinoa salad comprising quinoa and other vegetables.
- Timbal de quinoa: A mix of quinoa, avocado and other ingredients; served shaped like a timbal drum..
- Risotto de quinoa y pimientos amarillos: Quinoa risotto with yellow peppers.
- Sango: A kind of bread made from wheat flour cooked with oil and salt; served with Chicharrones

Cuisine of the Central Valley and Coast

The cuisine of the central valley and coast has been influenced by the traditions of the native people and European immigrants, particularly those who arrived during the second half of the nineteenth century, with farm life and agriculture the most important influence. In the past, agriculture was a very important aspect of the economy and the Fundo (ranch, farm) was the centre of everyday life. Country traditions still survive and food is a good example of this.

Recipes from the central regions of Chile

- Sopa de Mariscos: A soup of mixed seafood.
- Locos con Mayonesa (“Locos with mayonnaise”), accompanied usually with lettuce and potato salad.
- Palta Reina: Avocado stuffed with chicken salad, tuna, prawns, or other fillings.
- Tomates rellenos: Stuffed tomatoes, generally filled with sweetcorn, mayonnaise, and other ingredients.
- Pastel de choclo: a layered pie, usually made in a deep dish or a clay paila with chopped beef at the bottom prepared “al pino” (a thick stew of minced or chopped beef, chopped onions and seasoning), chicken, olives and a

hard-boiled egg, topped with a mixture of ground fresh corn and basil, and baked in the oven.

- Humitas: similar to Mexican tamales, the humita is a mixture of fresh and ground corn baked inside corn husks.
- Porotos granados: a stew of fresh white beans, ground choclo and other vegetables.
- Albóndigas al jugo (meatballs in sauce)
- Cazuela de ave: like normal cazuela but with chicken instead of beef
- Empanadas fritas de queso: empanadas stuffed with cheese and then deep fried.
- Pantrucas: a type of dumpling or pasta made without eggs, cut in irregular pieces and later mixed with vegetable soup or beef stock.
- Charquican: a stew of charqui (dried beef) or regular beef, with potatoes, corn and other vegetables
- Jaibas Rellenas: stuffed crabs
- Tomaticán: a thick vegetable stew, similar to Charquican but with tomatoes.
- Pastel de papa: a pie made in layers, with minced beef in the bottom and mashed potatoes on top, similar to the English Cottage pie.
- Brochetas: a variety of anticucho or kebab
- Pan de Pascua: similar to a sweet sponge cake flavoured with ginger, cinnamon, liquor and honey. It usually contains candied fruits, raisins, walnuts and almonds.
- Pan Amasado: a traditional type of bread, which has animal fat in it. It is kneaded for a long time to achieve a very dense type of bread.
- Leche Asada: A baked milk dessert with caramel, similar to the original panna cotta made with eggs instead of gelatine, as it is made in most places today.

Cuisine of southern Chile

Southern Chilean cuisine has been greatly influenced by Mapuche cuisine and Chilote cuisine. There are two products that have attracted particular attention: the Merkén condiment and the “Kollongka”, Araucana or Mapuche chicken, known by their unusual blue-green eggs. Another great influence on southern Chilean cuisine was immigration from Europe, particularly the German migration of the nineteenth century. Traditional German cakes and desserts have been adopted in much of Chile. As in the rest of Chile, seafood has a very important place in the diet, but due to the thousands of islands that make up the southern region, the ocean has a particular relevance here.



Curanto a la olla or Pulmay



Milcao for the curanto



Bottle of Licor de oro



Kuchen, one of the Chilean traditional cakes introduced by German migrants

Recipes from southern Chile

- Merkén: a traditional Mapuche condiment, made with dried and smoked red chillis and coriander, ground to a fine powder. It is used to season all kinds of dishes.
- Araucana, Kollongka or Mapuche Chicken: Endemic to southern Chile, known by their light blue/green eggs.
- Caldillo de Almejas: Clam soup (“caldillo” is a clear thin soup).
- Chupe de Locos: A rich stew made with the loco or Chilean abalone, served with bread and baked in clay pots or “Paila de greda”
- Sopa de Ostras: Oyster soup
- Pastel de pescado: Fish pie
- Arrollado de chanco and Arrollado de huaso: Pork roll and chilli roll.
- Asado de cordero: Lamb barbecue.
- Asado al palo: A form of roasting or barbecuing meat in which the whole animal (usually a lamb) is put on a stick next to a big wood fire and cooked for several hours until tender.
- Cancato: A baked stew of fish, cheese, onions and pepper, seasoned with lemon and wine.
- Cazuela chilota: The Chiloé version of cazuela differs from traditional cazuela because the stock is made of dried choros (Chilean mussels) and lamb instead of beef or chicken, giving it a very distinct flavour.
- Sopa chilota de pescado seco: Dried fish soup.
- Curanto: A traditional preparation where seafood and meat is cooked in a big hole in the ground using heated stones.
- Pulmay: A kind of curanto, cooked in a big casserole dish instead of a hole.
- Chapalele: A Chilean dumpling made from boiled potatoes and wheat flour.
- Crudos: Crudos (Spanish for “raw”) is a typical German-Chilean dish similar to a steak tartare.
- Empanadas: a stuffed baked pastry, filled with meat, onions and other condiments. They can also be fried or have different fillings.
- Milcao: The dish is a type of potato pancake prepared with raw grated potatoes and cooked mashed potatoes mixed with other ingredients.
- Chochoca: Also known as chochoyeco, trotroyeco or trutru, this is a traditional Chilote dish prepared with raw squeezed potatoes and boiled mashed potatoes or flour, stuck to a pole and roasted in a fireplace.
- Valdiviano: One of the oldest dishes in Chilean cuisine and named after the conquistador Pedro de Valdivia, this soup made of jerky, onions and potatoes was one of the dishes eaten by the conquering Spanish troops.

Baked goods, desserts and breads

- Brazo de Reina: a classic Swiss Roll, usually filled with strawberry jam, raspberry jam or manjar (Chilean dulce de leche), and topped with chocolate swirls or icing sugar.
- Empanadas de manzana: a baked pastry filled with baked apples and cinnamon.
- Kuchen: the traditional German cake filled with seasonal fruits such as strawberries, blackberries, apricots, plums, peaches, rhubarb, etc.
- Murta con membrillo
- Tortilla de rescoldo
- Mazamorra de manzana
- Sopaipillas: A deep fried dough. There are two versions: one plain, which is made with white flour, animal fat and water, and another in which pureed pumpkin is mixed to the dough. In each version, the dough is form as disks and then deep fried. It can be eaten sweet, with icing sugar or a sweet caramel sauce, or as a salty snack, topped with a chili sauce or mustard.

Alcoholic and non-alcoholic beverages

- Chicha de manzana: A fermented apple beverage, very similar to apple cider.
 - Chicha de calafate: chicha made with calafate, a berry that only grows in Chilean and Argentinian Patagonia
-

- Licor de oro
- Muday: an alcoholic beverage made of corn, wheat or piñón, the seed of the *Araucaria araucana* tree.
- Murtado: Made by preserving *Ugni molinae* (Murta) inside a bottle with aguardiente for some weeks and then mixing it with syrup.

Other typical Chilean dishes

Easter Island or Rapa Nui cuisine

Easter Island cuisine includes dishes of both Chilean and Polynesian extraction. It includes a much wider variety array of fish than the mainland cuisine, and some fruits and tubers that are not possible to find in continental Chile.^[5]

- Ceviche: Can be made with soy or coconut milk, in contrast to the traditional continental version; and with Tuna, Mata Huira, Toremo or Kana-Kana.
- Po`e: Banana or Cassava cake.
- Umu Rapa Nui: The Easter Island version of curanto.

Alcoholic and non-alcoholic beverages

Chile's unique combination of geography and climate make it ideal for winegrowing. This tradition goes back to the sixteenth century and the arrival Spanish conquistadors, and has grown as an industry in recent decades, making Chile one of the world's biggest wine producers. Wine is not the only traditionally produced and consumed beverage, however: the northern regions produce Pisco, the favourite liquor of many Chileans, and the southern regions are known for their high quality beers.

- Borgoña (drink): Cold red wine with chopped strawberries and sugar.
- Chicha - Sweet fermented wine, usually made from grapes but sometimes from apples too. This is typically drunk around the September 18th independence day celebrations.
- Chilean Pisco Sour: Popular Chilean cocktail, comprising pisco, lemon juice, sugar, and one egg white, shaken together.
- Chilean Aguardiente: Similar to Italian grappa, made by distilling grape residues.
- Licor de oro (golden liquor): A liquor distilled from a mixture of aguardiente and fermented milk.
- Cola de mono (literally, monkey's tail): Made and consumed throughout Chile, this is a traditional Chilean drink served around Christmas time, very much like the tradition of serving eggnog during Christmas in North America. Its texture and taste are somewhat similar to a White Russian.
- Murtado: Liquor based on Aguardiente and *Ugni molinae*.
- Fanshop: A glass of half beer, and half orange Fanta.
- Jote: Red wine with cola, popular among students.
- Melon con Vino: Honeydew melon, called Melon Tuna in Chile, with the top cut off and filled with ice and wine.
- Navegado: Warm red wine with slices of orange and sugar, similar to mulled wine.
- Pipeño or Vino pipeño: A type of sweet fermented wine.
- Píscola: Pisco with cola and ice.
- Ponche a la Romana: Champagne with pineapple ice cream. Typically served on New Year's Eve.
- Terremoto (Earthquake): Vino pipeño with pineapple ice cream served in a one-liter glass. The next round usually contains the same drink though only in a glass that holds half a liter. This is called a Replica (aftershock).
- Mango sour: a mixture of pisco and mango juice, similar to pisco sour
- Papaya sour: a mixture of pisco and papaya juice.
- Pajarete: originally from Spain, a sweet viscous wine produced in the Atacama Region and Coquimbo Region.
- Té frío: A curiosity rather than a unique beverage. In the market of Angelmo, Puerto Montt, at a time when it was forbidden to serve alcohol, the white wine was served in a cup of tea instead of a glass to disguise the forbidden

content.

- Vaina Chilena: An appetiser containing cognac, aged wine, egg yolk, cinnamon and sometimes cocoa liquor.



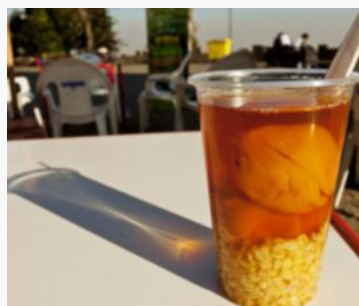
Borgoña



Chicha



Chilean Pisco Sour



Mote con huesillo

Non-alcoholic beverages

- Ulpo: Toasted flour and water or milk.
- Leche con Plátano: Fresh milk blended with banana and ice.
- Leche con Lucuma: Fresh milk blended with lucuma and ice
- Mote con huesillo: Cooked dried peaches and fresh cooked husked wheat served as a drink. It can also be classified as a desert.

Sandwiches and Chilean fast food

Beside the big fast food chains present in almost every country in the world, Chile has its own traditional “fast food”. The traditional empanada can be eaten at September independence day celebrations or as a quick lunch. The Chilean version of the hot dog is more complex than standard North American hotdogs: as well as mustard and ketchup, it can be topped with mashed avocado, chopped tomatoes, sauerkraut and home-made mayonnaise. During the cold winter, Sopaipillas are also a popular snack served on the streets.

- Barros Jarpa: Grilled cheese and ham on white bun. Named after Chilean minister Ernesto Barros Jarpa.
- Barros Luco: Grilled cheese and meat on white bread. Named after the Chilean President Ramón Barros Luco (President from 1910–1915).
- Churrasco Italiano (Italian): Named after the colours of the Italian flag (red tomatoes, white mayonnaise and green mashed avocados), it is a beef sandwich topped with tomato, avocado and mayonnaise.
- Chacarero: like the normal churrasco, but with green beans and tomatoes.
- Choripán: chorizo or longaniza in bun, which in Chile is usually a piece of marraqueta.
- Completo: Hot dog with tomato, relish (a mashed mixture of gherkins, pickled carrots and onion, known as "American sauce") and sauerkraut (chucrut).
- Italiano: Hot dog with tomato, avocado and mayonnaise.
- Sopaipilla



Sopaipillas, a winter classic



Completo (Chilean hotdog)



Empanadas



Chacarero, one of the most popular sandwiches

Starters and salads

- Ensalada Chilena
- Ensalada Chilena Nortina
- Ensalada de pencas
- Ensalada de apio: Celery salad, with the celery peeled chopped and seasoned with lemon, salt and olive oil. It can also contain boiled eggs.
- Panqueques verdes: Layered pancakes filled with vegetables.
- Zapallitos rellenos: Stuffed zucchini.
- Palta reina: Stuffed avocado.
- Tomates rellenos: Stuffed tomatoes.
- Tortilla de porotos verdes: Green bean tortilla.

Cereals and legumes

Legumes have been important in Chilean cuisine since pre-colonial times, with beans, lentils and chickpeas as part of a traditional diet and generally cooked with rice, fresh sweet corn or even pasta (Porotos con rienda)

- Garbanzos con arroz: Chickpeas with rice cooked in a stew.
- Porotos con riendas (literally, “beans with reins”): A stew of beans and spaghetti.
- Porotos Granados con mazamorra: fresh beans and ground fresh corn.
- Porotos Granados con pilco: Pilco is a mix of corn, tomato, onion, garlic, cumin, basil, green chilli, paprika and pumpkin.
- Lentejas con arroz: Stew of lentils and rice, usually accompanied by longaniza or chorizo.
- Arroz graneado: Rice is one of the most popular side dishes, in Chile is generally fried with a clove of garlic and carrot (Brunoise). It can also contain red peppers and onions.
- Arroz con huevo: Arroz graneado and fried eggs
- Choritos con arroz: Arroz graneado topped with mussels before the rice is fully cooked.

Pasta

Pasta is very common in everyday Chilean meals, but is not prepared very differently from in other countries, except for some changes in the name and forms of the pasta itself. Bolognese, white sauce (béchamel), and cream based sauces are the most common.

Tortillas

- Croquetas de pescado: Fish cakes, generally made of tuna and called “croquetas de atun”.
 - Fritos de coliflor: Cauliflower cakes
 - Panqueques: Pancakes are usually eaten with Dulce de leche at Las onces, but they can also be a main course, layered with vegetables, or layered into a sweet cake.
 - Tortilla: The basic flour and egg tortilla can be mixed with peas, green beans, carrots, seafood and many other ingredients.
 - Sopaipillas: can be also described as tortillas.
 - Chapalele
 - Milcao
-

Empanadas

Empanadas are common in many cultures with different names. In Chile, empanadas can have distinctive fillings and can also be cooked in unusual ways to give them a very distinctive flavour and shape. For this reason, empanada sellers in Chile (whether a restaurant, street stand, market, etc.) always specify if their empanadas are fried or baked.

- Empanadas: Can either be “de horno”, baked, or “fritas”, fried.

The most popular fillings are

- Pino (beef and onions)
- Cheese, and, more recently, ham and cheese.
- Seafood (mix of mussels, clams, and other molluscs).
- Onions, called Empanadas Pequenes.
- Prawns
- Cheese, basil and tomatoes.

Breads

Chileans are one of the biggest bread eaters in the world; second after the Germans, in fact. Chileans eat bread at breakfast, lunch (as a side or appetiser), Las onces or dinner. Bread for “onces” should be as fresh as possible, ideally bought still hot from the local bakery.



- Marraqueta, also called Pan Batido or Pan Frances: a staple in any home, marraqueta is a simple kind of bread which is characteristic for having a crispy crust and a soft, airy interior. Marraqueta and mashed avocado are the most common element in “las onces”.

- Hallulla
- Pan amasado
- Pan de huevo
- Coliza This bread is rectangular or diamond shaped with a flat top.

The bread is made of layers and layers of dough and is easily pulled apart. It also looks like the bread is folded over and over.^[6]

- Dobladas Similar to colizas, made of fatty and heavy dough folded in triangles.
- Pan con chicharrones
- Tortilla de rescoldo

Salsas (sauces)

- Pebre
- Chanco en piedra
- Salsa verde: Parsley, onion, lemon juice and white vinegar, finely chopped or blended.
- Americana: Gherkins, pickled onions, carrots cauliflower and other vegetables ground together.

Meat dishes

Meat is very important in Chilean cuisine and for many Chileans it is essential ingredient in every dinner or lunch. According to studies, Chilean per capita meat consumption (including poultry, beef and pork) has doubled in the last two decades^[7] while seafood consumption has decreased.

- Cazuela: This soup/stew can contain poultry, beef, pork lamb or goat.
- Asado: Barbecues can also contain poultry, beef, pork lamb or goat.
- Carne al Disco or Asado al Disco: Meat prepared in a plow wheel over a bonfire.

Poultry dishes

Chicken is the most common of the poultry meats and is an ingredient in traditional dishes like Asado, Pastel de choclo and Cazuela. Although in recent years turkey has become popular, it is not quite a tradition. Duck is rarely consumed in the centre and northern regions, but can be popular in southern countryside.

- Pollo arvejado: Chicken and pea casserole.
- Pollo al Cognac: Chicken stew slowly cooked with plenty of cognac and white wine.

Beef dishes

Although imported beef is available from other Latin American countries, Chileans prefer locally-produced beef. Chilean cattle is fed with mineral-rich prairie grass and produced generally in small herds in small farms instead of being mass-produced and fattened on corn, as in some other countries. This produces leaner beef, but since it is the fat within the muscle tissue that makes beef tender, it also makes it tougher. beef.^[8] Along with the previously mentioned asado, cazuela and empanadas, other Chilean beef dishes include:

- Niños envueltos (literally, “wrapped children”): This peculiarly-named dish contains vegetables and other ingredients wrapped in thin sliced beef.
- Crudos
- Bistec a lo pobre Chips topped with sliced beef onions and a fried egg.
- Tapapecho a la cacerola: Tapapecho casserole, similar to spare ribs; also known as Pescetto.
- Chorrillana
- Carne mechada
- Arrollado de Malaya

Pork dishes

- Costillar de chanco: A whole rack of pork ribs, roasted in the oven or barbecue.
- Arrollado de chanco and Arrollado Huaso
- Queso de cabeza (literally, “head cheese”): A kind of pudding with a jelly consistency made from the soft parts of a pig’s head.
- Longaniza
- Chorizo
- Chicharron Fried pieces of meat and fat.
- Prietas con Papas Cocidas: a blood sausage with boiled potatoes.
- Estofado de chanco: Pork stew.
- Patas de chanco Rebozadas: Pork feet boiled with herbs, accompanied by pebre and bread.
- Pernil con papas cocidas: Roasted pork leg with boiled potatoes, and usually accompanied by sauerkraut.

Lamb and goat dishes

This rich meat is not commonly eaten in much of Chile but it is very popular in Patagonia among both local people and tourists.

- Cordero al palo: Another characteristic dish of the southern regions - a lamb roasted on a stake over a bonfire. In the northern regions, similar dishes are prepared but with young goats, called cabritos.

Rabbit dishes

- Conejo escabechado is probably the most popular rabbit dish. The rabbit is cooked in a casserole with oil, vinegar, onions and garlic.

Rabbit can also be prepared as:

- Conejo al horno: Roasted
 - Estofado de conejo: Stewed
-

Intestinos (offal) dishes

- Criadillas: Bull testicles
- Guatitas: Beef stomach
- Lengua con salsa tártara: Beef tongue
- Panitas: Liver
- Bistec de Panitas: Liver steak
- Riñones al Jerez (wine): Kidney and sherry
- Ubres asadas: Udders quickly roasted
- Queso de cabeza: A kind of pudding with a jelly consistency made from the soft parts of a pig's head.

Various stews

- Ajiaco
- Carbonada
- Guiso de acelga: Chard stew
- Charquicán
- Charquicán de cochayuyo

Fish and shellfish

Chileans enjoy all kinds of seafood, sometimes prepared raw with lemon, coriander and onions, or just simply in the shell with lemon juice and a glass of white wine. Seafood markets are commonly found in fishing villages.

Fish

- Reineta a la plancha: Grilled reineta
- Caldillo de congrio
- Caldillo de pescado: like caldillo de congrio, but made with any other fish.
- Pescado frito: Deep-fried buttered fish; can be congrio, merluza or others.
- Ceviche
- Corvina al horno: A whole corvina stuffed with cheese, tomatoes and longaniza, baked.
- Smoked Salmon
- Jurel: Eaten in salad or as a cheaper substitute for tuna.

Shellfish

- Almejas al matico
 - Camarón de mar
 - Camarón de río (Caridea)
 - Cangrejo or Jaiba[9] : can be prepared in a pie made of the crab carcass, as pie filling, steamed, or even roasted in a barbecue.
 - Centolla
 - Choritos (mussels) en Salsa verde
 - Choros zapato (mussels): "Shoe mussels" are like normal mussels but bigger (shoe size).
 - Langostas de Juan Fernández (lobsters from Juan Fernández Islands)
 - Oysters
 - Scallops
 - Piures
 - Picorocos
 - Empanada de mariscos: Seafood empanadas
 - Machas a la parmesana: Baked with parmesan cheese and white wine.
 - Choritos al vapour: Steamed mussels
-

- Chupe de mariscos
- Consomé de locos
- Locos Chilean abalone
- Mariscal
- Pastel de jaibas: Crab pie
- Cholgas al Alicate: Stuffed mussel shells wired closed.
- Chupe de Locos: Crab or any other seafood can be used in this recipe.



Chorillana



Marraqueta, one of the favourite breads among Chileans.



Pebre and bread is served on the table before the meal at most restaurants in Chile.



Pantrucas and beef soup

Sweets, cakes, and desserts

There are many different kinds of cakes in Chile and home baking is a popular alternative to the bakery. These are the most common varieties:

- Alfajor: A kind of cookie.
- Tortas: Sponge cakes in layers, filled with whipped cream, creme patissiere, Dulce de leche and fruit. The sponge should be very light and moist, and can be covered with more whipped cream or meringue. This is the most common type of cake for birthdays.
- Queques: A heavier and drier cake, with no layers and usually covered in icing sugar.
- Pasteles: Like a torta but smaller in size, usually square.
- Tartaletas: Like a pie covered in fruit.
- Torta tres leches
- Picarones
- Pan de huevo
- Cuchufli: A spongy pastry tube, filled with dulce de leche
- Barquillo: A kind of wafer, shaped as a tube.
- Berlines
- Kuchen
- Pie de Limon: Lemon pie
- Queque

New Chilean cuisine

Food produce is one of the Chilean economy's main exports, and in recent years the Chilean government, along with the food, restaurant and agriculture industries, have made efforts^[10] to promote Chilean cuisine and produce around the world. Chilean gastronomy has also evolved, increasing in quantity and quality, with a new wave of prosperous middle classes willing to pay more, eating out more often and demanding higher quality.^[11] The new gastronomic trend takes traditional recipes and produce and uses modern techniques to produce dishes that aim to be more accessible to foreign visitors.^[12]

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External links

- Asociación Chilena de Gastronomía (<http://www.achiga.cl>) Association for Chilean Gastronomy (in Spanish)

Colombian cuisine

Colombian cuisine includes the cooking traditions and practices of Colombia's Caribbean shoreline, Pacific coast, mountains, jungle, and ranchlands. Colombian cuisine varies regionally and is influenced by indigenous, Spanish, African, Arab and some Asian influences. Colombian coffee is renowned for its high quality.

Regional cuisines

Culture of Colombia



Art
 Cinema
 Cuisine
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 Radio &
 Television
 Sports
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Colombia's varied cuisine is influenced by its diverse fauna and flora as well as the cultural traditions of the ethnic groups. Colombian dishes and ingredients vary widely by region. Some of the most common ingredients are: cereals such as rice and maize; tubers such as potato and cassava; assorted legumes; meats, including beef, chicken, pork and goat; fish; and seafood. Colombia cuisine also features a variety of tropical fruits such as cape gooseberry, feijoa, arazá, dragon fruit, mangostino, granadilla, papaya, guava, blackberry, lulo, soursop and passionfruit.

Among the most representative appetizers and soups are patacones (fried green plantains), sancocho de gallina (chicken soup with root vegetables) and ajiaco (potato and corn soup). Representative snacks and breads are pandebono, arepas (corn cakes), aborrajados (fried sweet plantains with cheese), torta de choclo, empanadas and almojábanas. Representative main courses are bandeja paisa, lechona tolimense, mamona, tamales and fish dishes (such as arroz de lisa), especially in coastal regions where suero, costeño cheese, kibbeh and carimañolas are also eaten. Representative side dishes are papas criollas al horno (roasted Andean potatoes), papas chorreadas (potatoes with cheese) and arroz con coco (coconut rice). Organic food is a current trend in big cities, although in general across the country the fruits and veggies are very natural and fresh.

Representative desserts are buñuelos, natillas, torta Maria Luisa, bocadillo made of guayaba (guava jelly), cocadas (coconut balls), casquitos de guayaba (candied guava peels), torta de natas, obleas, flan de arequipe, roscón, milhoja, and the tres leches cake (a sponge cake soaked in milk, covered in whipped cream, then served with condensed milk). Typical sauces (salsas) are hogao (tomato and onion sauce) and Colombian-style ají.

Some representative beverages are coffee (Tinto), champús, cholado, lulada, avena colombiana, sugarcane juice, aguapanela, aguardiente, hot chocolate and fresh fruit juices (often made with sugar and water or milk).

There is a large variety of dishes that take into account the difference in regional climates. For example:

- In the city of Medellín, the typical dish is the bandeja paisa. It includes beans, rice, ground meat or carne asada, chorizo, fried egg, arepa, and chicharrón. It is usually accompanied by avocado, tomato, and special sauces.
- In the city of Cali, the most traditional dish is "sancocho de gallina" - a soup composed mostly of chicken, plantain, corn, coriander, yuca root, and other seasonings.
- In Bogotá and the Andean region, ajiaco is the traditional dish. It is also a type of soup made of chicken, potatoes, and flavoured with a locally grown herb called "guasca". Traditionally, cream and capers are added just before eating. Both soups are served with white rice, salads with a hint of lemon, avocado, or plantain chips, sweet or salty. For breakfast people often eat changua, a milk, scallion, and egg soup.
- In the Caribbean coast, spicy cooking, with fish and lobster, is practiced. Coconut rice is a common dish along the coastal cities.
- In the Llanos, meat from the barbecue, such as the "ternera llanera" is common, and also typical river fishes like the "amarillo".
- In the Amazonas, the cuisine is influenced by Brazilian and Peruvian traditions.

Inland, the dishes reflect the mix of cultures, inherited mainly from Amerindian and European cuisine, and the produce of the land mainly agriculture, cattle, river fishing, and other animals' raising. Such is the case of the sancocho soup in Valledupar, the arepas (a corn based bread-like patty). Local species of animals like the guaratinaja, part of the wayuu Amerindian culture.

- In the Tolima region, the Tamales Tolimenses are a delicacy. These tamales are made of a corn dough and feature peas, carrots, potatoes, rice, chicken, pork, and various spices. They are wrapped in plantain leaves and boiled for three to four hours. Pandebono for breakfast with hot chocolate.
- On the Islands of San Andres, Providencia, and Santa Catalina, the main dish is *rondon*, a seafood dish made of coconut milk, fish, conch, cassava root (yuca), sweet potato, white yams, and pumpkin seasoned with chili peppers and herbs. They also have a crab soup which is considered a delicacy. It is made with the same ingredients as *rondon*, without the fish.
- Ají picante, a spicy, cilantro-based sauce, is used as a condiment for many dishes and sides, including empanadas, platacones, and soups. This traditional sauce is from the city of Antioquia,

Dishes and foods

Fruit

Fruit and juice stands are found across Colombia, particularly on the Caribbean coast.

Native fruit

Colombia is home to numerous tropical fruits that are rarely found elsewhere. Several varieties of banana include a very small, sweet version. Other Colombian fruits include zapote (*Quararibea cordata*), nispero[1] (*Manilkara achras*) lulo (*Solanum quitoense*), uchuva (*Physalis peruviana*), passion fruit, borojó (*Borojoa patinoi*), curuba (*Passiflora tarminiana*), mamoncillo (*Melicoccus bijugatus*), guanábana (*Annona muricata*), guava (*Psidium guajava*), tomate de arbol (tamarillo), noni (*Morinda citrifolia*). More widespread fruit varieties grown in Colombia include mango, apple, pear, blackberry, and strawberry.

Meat dishes

Ajiaco is a traditional Andean dish that originated from Bogotá. It is a chicken, corn, and potato stew with a hint of guasca (Gallant Soldiers), a local herb. sancocho is a traditional dish that originated in the north coast. It is made with any kind of meat along with corn, potato, yuca, plantain and local spices that are cooked together to form a soup. Bandeja Paisa originates from Antioquia and is assembled with several foods making necessary to use a platter (*Bandeja* in Spanish, hence the name). It is made of beans, rice, fried eggs, chorizo, pork rind and other ingredients depending on the location. Tamales are corn “cakes” wrapped in a corn husk and steamed. They can be filled with everything from chicken, potatoes, peas, carrots, to rice. The tamales vary in shape and fillings in each region, and almost every region has its own variation. Some well known variations are from Tolima, Santander, Cúcuta, Bogotá and Valle del Cauca; just to name a few. Fritanga is another popular Colombian dish made of meats, fried plantains, chicharrones, and yellow potatoes with aji sauce eaten throughout Colombia. It is often shared with friends and family .

Soups

Changua (milk soup with eggs) is a typical breakfast soup of the central Andes region of Colombia, in particular in the Boyacá and Cundinamarca area, including the capital, Bogotá. The dish has Chibcha origins. Caldo de costilla (Spanish for rib broth) is a dish typical of Colombian cuisine, from the Andean region. It is made mainly from beef ribs boiled in water with slices of potato, some garlic, onion and cilantro leaves.

Appetizers and side dishes

- Aborrajado (deep fried plantains stuffed with cheese)
 - Arroz con coco, rice with coconut
 - Hormigas culonas (roasted ants) a santandereanas (food from Colombia's Santander Department)
 - Carimañola, yuca fritter stufed with ground meat, onion and seasonings
 - Chunchullo, intestine
 - Hogao (Criollo sauce)
 - Suero, a topping similar to sour cream
 - Queso blanco (white cheese) also referred to as queso fresco
 - Butifarras soledañas, Soledaña sausage (sausage from Soledad, Atlántico)
-

Breads

- Almojábana
- Arepas
- Bollos (tubes of ground maize -similar to Italian polenta- or from scratched mandioc -yuca-, served with coastal cheese and sometimes whey or butter)
- Buñuelos
- Achira biscuits
- Carimañolas (like empanadas but made up of manioc)
- Colombina (lollipop)
- Curd biscuits
- Empanadas
- Garullas (corn bread roll)
- Pan de sagú (sago bread)
- Pandebono
- Pan de Maíz (cornbread)
- Pan de queso
- Pan de yuca (baked cheese bread made with yuca flour)
- Roscón (a soft and sweet bagel filled with either dulce de leche or guava jam)

Varieties of arepa

- Arepa Boyacense
- Arepa de arroz
- *Arepas de huevo*
- Arepa de maíz
- Arepa de queso
- Arepa de yuca
- Arepa ocañera
- Arepa Paisa/Antioqueña
- Arepa Santandereana
- Arepa Valluna
- Arepas de choclo (sweet corn)
- Brown rice and sesame seed arepa
- 'Oreja de perro', rice arepas

Main courses

- Ajiaco
 - Asado Bogotano
 - Bandeja Paisa, a traditional dish from the Paisa region, consists of white rice, red beans, ground beef, plantain, chorizo, morcilla, chicharron, arepa, avocado and a fried egg. Along with *Ajiaco*, the bandeja paisa is considered to be one of the national dishes.
 - Changua, a milk soup with or without a poached egg, usually a breakfast dish.
 - Cuchuco, a thick soup made of wheat, fava beans, potatoes, ribs, peas, from Boyacá.
 - Lechona, traditional dish from the Tolima department, a mixture of yellow pea purée and pork meat, with a side of rice arepa 'oreja de perro' and corn 'insulzo'
 - Mondongo, a thick tripe soup.
 - Picada Colombiano, chopped specialties served as a combo platter.
-

- Sancocho, is a popular soup originating from the Valle del Cauca region. It combines vegetables and poultry or fish with recipes differing from one region to the other, but usually contains yuca, maize, and is frequently eaten with banana slices.
- Tamales

Beverages

- Aguapanela is made by dissolving panela (a kind of sugarloaf) in water. Lime juice may be added for flavor. It can be served cold or hot, when hot is common for Colombians to put cheese in their aguapanela for it to melt.
- Champús is a thick drink made from corn, pineapple, lulo, and other ingredients.
- Chicha is a formerly forbidden strong alcoholic beverage originally made by the indigenous peoples of the Andes. It can be prepared from virtually everything, but is typically made from corn.
- Hot chocolate, Colombian hot chocolate is made with milk, water, and bars of semi-sweet chocolate. A special metal pitcher (called a chocolatera) is used for heating and pouring, and a utensil called a molinillo – essentially a stick with paddles at the end – is used for stirring and frothing. Colombian hot chocolate often includes cinnamon, cloves and vanilla.
- Coca tea, an herbal tea made from an infusion of the leaves of the coca plant, considered a mild stimulant and remedy for altitude sickness
- Colombian coffee is known for its quality and distinct flavor. Though much of the world's quality coffee beans come from Colombia, many Colombians commonly drink instant coffee rather than brewed. It is popularly consumed as a "tinto", meaning black with sugar or panela on the side, or as café con leche, which is a preparation of half coffee and half heated milk.
- Colombiana, a kola champagne soda with particular and different taste. (genericized trademark)
- Guandiolo is an Afrocolombian drink made with Borojo fruit that has alleged aphrodisiac properties.
- Lulada is a drink originating from Cali. It is prepared from lulo and has the texture and consistency of a smoothie.
- Malta: Carbonated malt non-alcoholic beverage (genericized trademark).
- Postobón, a variety of soda flavors from the maker of Colombiana, the most popular flavor being apple ("Manzana"). (genericized trademark)
- Refajo is a beverage made by mixing *Kola Hipinto* (in santanderian region), *Colombiana* (in cities like Bogota) or *Kola Roman* (in the Caribbean region), with beer or rum.
- Salpicón (which literally means large splash) made from diced fruit and soda, usually *Colombiana* or any *Kola* flavored soda. It can also be a fruit cocktail beverage (often made with watermelon or mandarin juice).

Alcoholic beverages

- Aguardiente is an alcoholic drink derived from sugarcane. It is widely consumed at Colombian parties, and ranges in potency from 20% to 40%. Aguardiente is a variation of the Spanish alcoholic drink.
 - Biche is an alcoholic drink of afrocolombians made up with unripe sugarcane.
 - Canelazo is an alcoholic version of aguapanela mixed with cinnamon and aguardiente. Sugar is rubbed on the edges of the glass when served.
 - Guarapo is made from various fruits kept in a large ceramic jar and left to ferment for about 2 months. Within that time, panela is added into the liquid to make the alcohol stronger. Grapes and pineapple are typically used. Guarapo is very similar to Chicha.
 - Chirrinche, distilled guarapo.
 - Masato: Made from rice, maize or another ingredients, with smooth ferment.
 - Sabajón, a sweet and creamy alcoholic drink from the Cordillera Oriental. It is made from eggs and milk with added flavors and juice of fruits and liqueur on half or less concentration.
-

Fruits

Being a tropical country, Colombia produces a large variety of fruits, such as:

- Aiphanes horrida (*corozo*)
- Bactris gasipaes, peach-palm (*chontaduro*)
- Banana passionfruit (*curuba*)
- Banana (*banano*)
- Borojoa patinoi (*borojó*)
- Carambola, starfruit (*carambolo*)
- Cherimoya (*chirimoya*)
- Feijoa, Pineapple guava
- Guayabamanzana, Guava-apple hybrid
- Inga edulis, ice-cream-bean (*guama*)
- Loquat (*níspero*)
- Lulo (*Naranjilla*)
- Mamey sapote (*mamey*)
- Mamoncillo, Spanish lime
- Mandarin orange (*mandarina*)
- Mango
- Murrapos, mini-bananas
- Orange (*naranja*)
- Passiflora edulis, passion fruit (*maracuyá*)
- Physalis peruviana, Cape gooseberry (*uchuva*)
- Piñuela
- Pitaya, Dragon fruit (*pitahaya*)
- Quararibea cordata (*zapote*)
- Rubus glaucus, similar to blackberry (*mora*)
- Soursop (*guanábana*)
- Strawberry guava (*arazá*)
- Strawberry (*fresa*)
- Sugar-apple (*anón*)
- Sweet granadilla (*granadilla*)
- Syzygium jambos, Malabar plum (*pomarrosa*)
- Tree tomato, tamarillo (*tomate de árbol*)

Desserts and sweets

- Arequipe (Colombia's version of the Dulce de Leche, a milk caramel.)
 - Arroz con leche (Sweetened rice with milk).
 - Brevas en dulce - candied figs in syrup or arequipe.
 - Cocadas - baked coconut confection, similar to macaroons.
 - Crepes
 - Enyucado
 - Flan
 - Bocado de guayaba
 - Helado is quite popular in Colombia, including many made with local fruits and regional flavors.
 - Leche asada, similar to flan but less sweet, made with condensed milk.
 - Manjar blanco a boiled, creamy, milk-based spread, thicker than arequipe and sometimes used as a pastry filling.
-

- Mazamorra
- Melado, a thick syrup derived from panela.
- Merenguitos, little hardened meringue "cookies"
- Milhoja
- Natilla, a Colombian derivation of the Spanish custard natillas, made with milk and cornstarch and spices but without eggs.
- Oblea
- Pastel de Gloria
- Postre De Natas, a cream-pudding made with flour, eggs, vanilla, lime, and raisins.
- Torta Maria Luisa

Colombian cuisine



Bandeja paisa from Antioquia



Arepas and chorizo on the grill



Ajiaco soup is typically served with table cream, capers and avocado, mixed in just before eating.



Fried Red Snapper, fried plantain, rice and tomato.



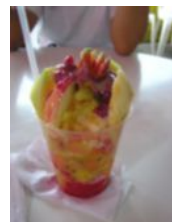
rice atollao



Ternera a la llanera



Lulada



Cholado



A caldo de costilla served hot and with cilantro leaves



Patacones are twice-fried plantain patties, often served as a side, appetizer, or snack. Here they are being fried for the second time.



Almojábana



Arepa de huevo



A traditional breakfast of Bogotá: hot chocolate with cheese, almojábanas and pan de yuca



Chicha morada served with pipeño



Colombian aguardiente



Lulo



Spanish lime (Melicoccus bijugatus)



Tres leches cake



Carimañola



Cocadas



Bollo de yuca



Canelazo



empanada barranquillera



Manjar blanco



Bocadillo with leaf packaging.



Arroz de lisa

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External links

- Colombian Recipes Wiki (<http://colombianrecipes.wikia.com>)

Ecuadorian cuisine



Ecuadorian ceviche, made of shrimp, lemon, and tomato sauce.



A bowl of fanesca served in Quito, Ecuador. A traditional soup of Ecuador served around Easter.



Llapingachos and chorizo

Part of a series on the
Culture of Ecuador

History
People
Languages
Cuisine
Religion
Sport
 Ecuador portal



Ecuadorian cuisine is diverse, varying with altitude, and associated agricultural conditions. Pork, chicken, beef, and *cuy* (guinea pig) are popular in the mountainous regions, and are served with a variety of carbohydrate-rich foods, especially rice, corn, and potatoes. A popular street food in mountainous regions is *hornado*, consisting of potatoes served with roasted pig. Some examples of Ecuadorian cuisine in general include *patacones* (unripe plantains fried in oil, mashed up, and then refried), *llapingachos* (a pan seared potato ball), and *seco de chivo* (a type of stew made from goat). A wide variety of fresh fruit is available, particularly at lower altitudes, including granadilla, passionfruit, *naranjilla*, several types of bananas, uvilla, taxo, and tree tomato.

Regional differences

There are several Ecuadorian dishes that are typical to the various regions in the country. For example, *costeños* (people from the coast) prefer fish, beans, and plantains (unripened banana like fruits), while *serranos* from the mountainous regions prefer meat, potatoes, rice, and white hominy (mote). Regional examples include ceviche from the coast, which is prepared in many different ways, but basically consist of seafood (fish, shrimp, etc.) marinated in lime juice, as well as cassava (yuca) bread, plantains served with crushed peanuts or salpíeta, and encebollado, the most popular dish on the coast, that contains a marinade with large chunks of fish, onions, and various regional spices. In the province of Esmeraldas most of their typical dishes are cooked with coconut.

Seafood is very popular in the coast, where fish, prawns, shrimp and crab, clams, etc. are key parts of the diet. Plantain and peanut-based dishes are the basis of many coastal meals, which are usually served in two courses. The first course is *caldo* (soup), which may be *aguado* (a thin soup, usually with meat) or *caldo de leche*, a cream vegetable soup. The second course might include rice, meat, or fish with a *menestra* (lentil stew), and salad or vegetables. *Patacones* (fried green plantains with cheese) are popular side dishes with coastal meals. Some of the typical dishes in the coastal region are *ceviche*, *pan de almidón*, *corviche*, *guatita*, *papas con cuero*, *encebollado*, and *empanadas*; in the mountain region: *hornado*, *fritada*, *humitas*, *tamales*, *llapingachos*, *lomo saltado*, and *churrasco*.

A food of the mountainous parts of Ecuador is *cuy* (guinea pig).

The food is somewhat different in the southern mountainous areas, featuring typical Loja food such as *repe*, a soup prepared with green bananas; *cecina*, roasted pork; and *miel con quesillo* or "*cuajada*", as dessert. In the rainforest, a dietary staple is the *yuca*, elsewhere called cassava. The starchy root is peeled and boiled, fried, or used in a variety of other dishes. It's also used as a bread, and has spread throughout the nation, most notably, to Quito where a company sells the native *pan de yuca* in a new sense; different types sold with frozen yogurt. Many fruits are available in this region, including bananas, tree grapes, and peach palms.

Typical meal

Ecuadorian cuisine traditionally consists of two dishes, a soup and a rice platter. For the most part, Ecuador is known not only for its bananas, and all the dishes made from them, but for its starch consumption of products like potato, bread, rice, and yuca. Traditionally any of these factors can be found in either the soup or the rice platter that may be served. Most regions in Ecuador follow the traditional three course meal of *sopa* (soup) and *segundo* (second dish), which includes rice and protein such as beef, poultry, pork, or fish. Then dessert and coffee are customary. Dinner is usually lighter and sometimes just coffee or *agua de remedio* (herbal tea, lit. "remedy water") with bread.

Alcoholic beverages

Aguardiente (a sugar cane-based spirit), is probably the most popular national alcohol. Canelazo is a popular drink made from aguardiente. Drinkable yogurt, available in many fruit flavors, is popular and is often consumed with *pan de yuca* (a light bread filled with cheese and eaten warm).

Catholic influence

Besides the regions, there are several typical Ecuadorian dishes consumed on special occasions. During Finados (November 2), there is the *Colada Morada*, which is prepared with black corn flour. During Easter, the *fanesca* is traditionally served all over Ecuador. Fanesca (a fish soup including several types of beans, lentils, and corn) is often eaten during Lent and Easter. During the week before the commemoration of the deceased or *día de los muertos*, the fruit beverage *Colada Morada* is typical, accompanied by *Guaguas de Pan*, which is stuffed bread shaped like children.

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External links

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- Ecuadorian churrasco (<http://laylita.com/recipes/2008/06/03/ecuadorian-churrasco/>)

Ecuador topics South American topic cuisine cuisine

Paraguayan cuisine

The **cuisine of Paraguay** is similar to the cuisines in Uruguay and the Falkland Islands.^[1] Meat, vegetables, manioc,^[2] maize, and fruits are common in Paraguayan cuisine. Barbecuing is both a cooking technique and often a social event, and are known as the *Asado*. Many dishes are based on corn, milk, cheese and meat, and fish caught in rivers are also eaten.^[3] There are about 70 varieties of chipa (cake) in Paraguay. Most chipas are made from manioc flour, which is derived from cassava, and cornmeal.^[4]



Asado with *achuras* (offal) and sausages.



Common dishes

- Beef cooked in various ways with numerous different other foods.
- *Bori-bori* is a chicken soup served with cornmeal dumplings.
- Chipa is a bread made with manioc, egg and cheese.
- Chipa Guasú is a cake made with corn grains, and is an original and common food of Paraguay. It's often served at the asado.
- *Chipa so'o* is another type of cake.
- Cured meats, smoked ham
- Groundnuts
- A traditional kiveve is made using pumpkin or "andai", water, salt, oil, onion (chopped into very small pieces), milk, sugar, corn flour and fresh cheese.
- Lampreado, is a fried cake made from manioc flour.
- Mazamorroa is a cooked corn mush dish.
- *Mbaipy-so-ó* is a corn pudding with meat.
- Mbejú is a starch cake and staple food of the Paraguayan diet.
- Milanesa, is a breaded meat cutlet, fried, baked or sauteed.
- Authentic Paraguayan cheese
- *Parrillada* is a dish of meat cooked over hot coals.
- Pira caldo is a fish soup that is part of the traditional cuisine.
- Pork is another type of meat commonly involved in the average Paraguayan cuisine.
- Sopa paraguaya is a traditional Paraguayan dish. Literally meaning "Paraguayan soup," *sopa paraguaya* is similar to corn bread. Corn flour, pig fat (lard) or butter, cheese and milk or whey are common ingredients. It's a spongy cake that is rich in calories and protein content, and is the national dish of Paraguay. Though it is native to Paraguay, this dish can be found in other Spanish-speaking countries.
- Soyo is a thick soup of meat crushed in a mortar, seasoned with several spices and vegetables.



Sopa paraguaya is a traditional Paraguayan dish.



Pira caldo



A fresh produce market in Asunción, Paraguay.



Mbejú

Desserts

- Cake of many different varieties.
- Kosereva is a common "barreled" candy that is native to Paraguay, with the hardened skin of the sour orange ("apepú", in Guaraní language), cooked in black molasses, resulting in a bittersweet and acid taste and having a high protein content.
- *Mbaipy-he-é* is a dessert dish made with milk, molasses and corn.

Beverages

Terere is the national drink of Paraguay. Fruit juices and soft drinks are common. Beer and wine are also available. *Caña* is an alcoholic beverage made from sugarcane juice, and *mosto* is a non-alcoholic variety.

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External links

- Sopa-Paraguaya (<http://cocinadelmundo.com/receta-Sopa-Paraguaya>) (recipe). (Spanish)

Peruvian cuisine

Part of a series on the
Culture of Peru
History
Languages
Cuisine
Religion
Sport
Peru portal
v t e^[1]

Peruvian cuisine reflects local practices and ingredients—including influences from the indigenous Inca and cuisines brought in with immigrants such as Spanish cuisine, Chinese cuisine, Italian cuisine, German cuisine, Japanese cuisine and African influences. Without the familiar ingredients from their home countries, immigrants modified their traditional cuisines by using ingredients available in Peru. The three traditional staples of Peruvian cuisine are corn, potatoes, and chili peppers. Staples brought by the Spanish include rice, wheat and meats (beef, pork and chicken). Many traditional foods—such as quinoa, kaniwa, some varieties of chili peppers, and several roots and tubers have increased in popularity in recent decades, reflecting a revival of interest in native Peruvian foods and culinary techniques. Chef Gaston Acurio has become well known for raising awareness of local ingredients. The US food critic Eric Asimov has described it as one of the world's most important cuisines and as an exemplar of fusion cuisine, due to its long multicultural history.

Crops

Peru is considered an important center for the genetic diversity of the world's crops:

- Quinoa ("Indian" Rice), 3 varieties
- Kaniwa
- Tawri, a legume native to the Andes which is similar to the Lupin bean
- Lima Bean
- Potatoes, many varieties of potato are native to the Andes region.^[2] Over 99% of all cultivated potatoes worldwide are descendants of a subspecies, namely *Solanum tuberosum*. This subspecies has developed into thousands of varieties that vary by size, shape, color, and other sensory characteristics.
- Oca, a potato like tuber.
- Mashua, a potato like tuber.
- Ulluco, a potato like tuber.
- Caigua, a vegetable with a cucumber like taste.
- Capsicum baccatum Chile Peppers, including Aji Amarillo and Aji Limon
- Capsicum pubescens, Rocoto Chile Pepper.
- Capsicum chinense, Aji Panca
- Fruits—Peru has about 20 native fruits that are used in cooking or eaten fresh.



Quinoa



Peruvian potatoes

The Sweet potato is native to Central America and was domesticated there at least 5,000 years ago.^[3] The much lower molecular diversity found in Peru and Ecuador suggests that the sweet potato was introduced there from Central America. Only two varieties of sweet potato are commonly available for sale in Peru. One has dry orange flesh and light tan skin and tastes sweet. The other has purple skin, is white and brown inside, and is only moderately sweet. Occasionally another variety, characterized by small tubers and dark skin, is available. Potatoes are available in more variety. The two most common potatoes are a white flesh type and a more expensive yellow flesh type. The only commercially available native fruits (native to the Andes region in general—Ecuador, Chile, Bolivia) are lucuma, camu camu, prickly pear, cape gooseberry, cocona, pacay (technically a legume but used as a fruit), guanabana, dragon fruit, pepino, papaya, ciruela, mammee apple, banana passionfruit, cherimoya, granadilla, moriche palm fruit, and tamarillo. Yacon, although an underground tuber, is also used as a fruit. None of the other native fruits are commercially available.

From Peru, the Spanish brought back to Europe several foods that would become staples for many peoples around the world.

- Potatoes: Potatoes were introduced to Europe from Latin America.
- Beans: Several varieties of the Common bean are native to Latin America including the lima bean.

The varieties of chili peppers, potatoes, tomatoes and maize that the Spanish brought back to Europe, however, were not native to Peru:

- **Peppers:** Chili peppers are native to America. The varieties most commonly used around the world, however, derive from Mexico and Central America. Sweet Peppers are native to Mexico and Central America. Peruvian Ají peppers are virtually unknown outside of the Andean region of South America.
- **Potatoes:** Potatoes were considered livestock feed in Europe until French chemist Antoine-Augustin Parmentier began serving dishes made from the tubers at his lavish banquets. His guests were immediately convinced that potatoes were fit for human consumption. Parmentier's introduction of the potato is still discussed in Europe today. The varieties used in Europe and most of the world, however, derive from a subspecies indigenous to south-central Chile, namely *Solanum tuberosum*.
- **Maize:** Maize ("Indian" corn), is native to Mesoamerica and was introduced into Peru from that region. The varieties used in Europe and most of the world are from Central America. The corn grown in Peru is not sweet and has very large grains and is not popular outside of Latin America.
- **Tomatoes:** The Tomato is native to Mesoamerica and this is evidenced by the great number of varieties available in that region. In contrast, in Peru, only has two varieties that are currently available commercially, namely the common Globe and Plum Tomato.

Many foods from Spain are now considered Peruvian staples, including wheat, barley, oats, rice, lentils, chickpeas (garbanzo beans), broad beans, garlic, cabbage, broccoli, cauliflower, artichokes, onions, cucumbers, carrots, celery, lettuce, eggplant, wine, vinegar, olives, beef, pork, chicken, numerous spices (including coriander, cumin, parsley, cilantro (green coriander), laurel, mint, thyme, marjoram, turmeric, cloves, cinnamon, nutmeg, anise (fennel), black pepper and oregano), bananas, quince, apples, oranges, limes, apricots, peaches, plums, cherries, melons, figs, pomegranates, honey, white sugar, almonds, walnuts, cheese, hen eggs, cow's milk, etc. Many food plants popular in Spain, however, were not imported to Peru or failed to grow due to climatic conditions. These include lemons, turnips, kale, and chestnuts.

Cultivation of ancient plants

During the colonial period, and continuing up until the time of the Second World War, Peruvian cuisine focused on Spanish models and virtually ignored anything that could be regarded as native or Indian. Traditional food plants, which the indigenous people continued to eat, were regarded as "peasant food" to be avoided. These colonial attitudes took a long time to fade. Since the 1970s, there has been an effort to bring these native food plants out of obscurity.

Some plants cultivated by ancient societies of Peru have been rediscovered by modern Peruvians, and are carefully studied by scientists. Due to the characteristics of its land and climate and the nutritional quality of its products, some



A Moche culture ceramic vessel with lima beans



Peruvian corn

Peruvian plants may play a vital role in future nutrition. Examples include quinoa (an excellent source of essential amino acids) and kañiwa, which look and cook like cereals but are pseudocereals. Nutritionists are also studying root vegetables, such as maca and, cereals like kiwicha.

For many of Peru's inhabitants, these food stocks allow for adequate nutrition, even though living standards are poor. Abandoning many of these staples during the Spanish domination and republican eras lowered nutritional levels. Since 1985, NASA has uses some of these foods—quinoa, kiwicha and maca—for astronaut meals.

Peruvian cuisine is often made spicy with *ají* pepper, a basic ingredient. Peruvian chili peppers are not spicy but serve to give taste and color to dishes. Rice often accompanies dishes in Peruvian cuisine, and the regional sources of foods and traditions give rise to countless varieties of preparation and dishes.

The following dishes are generally popular with Peruvians. Some of these originated in other parts of Peru, but most are well known and can be found in Lima.

Regional differences

Peru is a country that holds not just a variety of ethnic mixes since times ranging from the Inca Empire, the Viceroyalty and the Republic, but also a climatic variety of 28 individual climates. The mixing of cultures and the variety of climates differ from city to city so geography, climate, culture and ethnic mix determine the variety of local cuisine.

Coast

The cuisine of the coast can be said to have five influences. The indigenous cuisine of its native peoples was augmented by ingredients and cooking techniques introduced by its immigrants and colonizers: those from Spain, Japan, Africa, and the Han Chinese.

The Pacific Ocean is the principal source of aquatic resources for Peru. Peru is one of the world's top two producers and exporters of unusually high-protein fishmeal for use in livestock/aquaculture feed. Its richness in fish and other aquatic life is enormous, and many oceanic plant and animal species can only be found in Peru. As important as the Pacific is to Peru's biodiversity, freshwater biomes such as the Amazon River and Lake Titicaca also play a large role in the ecological make-up of the country.

Every coastal region, being distinct in flora and fauna populations, adapts its cuisine in accordance to the resources available in its waters.

Ceviche, a South American dish of marinated raw fish or seafood typically garnished with herbs and served as an appetizer, with many variations (pure, combination, or mixed with fish and shellfish), provides a good example of regional adaptation. Ceviche is found in almost all Peruvian restaurants on the coast, typically served with camote, or sweet potato. Often spelled "cebiche" in Peru, it is the flagship dish of coastal cuisine, and one of the most popular dishes among Peruvians. It consists of Andean chili peppers, onions and acidic aromatic lime, a variety brought by the Spaniards. A spicy dish, it consists generally of bite-size pieces of white fish (such as *corvina* or white sea bass), marinated raw in lime juice mixed with chilis. Ceviche is served with raw onions, boiled sweet potatoes (*camote*), toasted corn (*cancha*), and sometimes a local green seaweed *yuyo*. Tiradito is a related dish that shows the influence of Japanese immigrants and sashimi techniques.



Peruvian ceviche platter

Many Peruvians believe that ceviche is a hangover cure and an aphrodisiac. Unlike ceviche from Mexico and Ecuador, it does not have tomatoes, and unlike that of Tahiti it does not use coconut milk, though both are abundant in Peru. A variation available in Callao replaces mango for fish. *Leche de tigre* (tiger's milk), is the Peruvian

colloquial name for the juice produced from the ingredients of ceviche. It has a light spicy flavor.

Chupe de camarones (shrimp cioppino) is one of the most popular dishes of Peruvian coastal cuisine. It is made from a thick freshwater shrimp (crayfish) stock soup, potatoes, milk and chili pepper. It is regularly found in Peruvian restaurants specializing in Arequipan cuisine.

A center of immigration and centers of the Spanish Viceroyalty, Lima and Trujillo have incorporated unique dishes brought from the arrival of the Spanish Conquistadors and the subsequent waves of immigrants: African, European, Chinese, and Japanese. Besides international immigration—a large portion of which happened in Lima—there has been, since the second half of the 20th century, a strong internal flow from rural areas to cities, in particular to Lima. This has strongly influenced Lima's cuisine with the incorporation of the immigrants' ingredients and techniques (for example, the Chinese extensive use of rice or the Japanese approach to preparing raw fish).

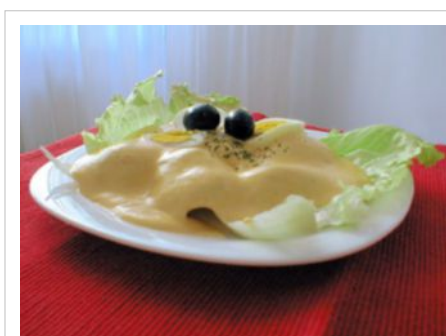
Creole cuisine is the most widespread in this cosmopolitan city. The only major international cuisines with a large presence are Chinese (known locally as *chifa*) and Italian. These, however, have been heavily modified due to a shortage or lack of authentic ingredients.

The city's bakeries are quite popular with Peruvians. One may find Peruvians standing in line in almost every bakery waiting for freshly baked white bread from 6 to 9 am and from 4 to 6 pm. The majority of Peruvians tend to eat bread for breakfast along with coffee or tea. Almost all bread in Peru, with the exception of baguettes, is fortified with added fats, such as lard. Whole wheat bread is extremely hard to find in the major cities, but more common (and often cheaper) in rural towns. Many bakeries sell white bread sprinkled with bran for health conscious customers as whole wheat flour is extremely hard to find. However, even this bread is often heavily fortified with lard, shortening or butter. Authentic whole wheat bread is imported from Europe and sold at upscale grocery stores. A few coastal cities bakeries produce "bollos," which are loaves of bread baked in stone and wood-ovens from the Andes.

Anticuchos are brochettes made from beef heart marinated in a various Peruvian spices and grilled, often with a side of boiled potato or corn. They are commonly sold by street vendors and served shish kabob-style, but one may find them in creole food restaurants.

Also frequently sold by street vendors are tamales: boiled corn with meat or cheese and wrapped in a banana leaf. They are similar to *humitas*, which consist of corn mixed with spices, sugar, onions, filled with pork and olives and finally wrapped in the leaves of corn husks. Tamales are a common breakfast food, often served with lima and/or "Salsa Criolla."

Another favorite food found in many restaurants is Papa a la huancaína (Huancayo-style potatoes), a dish consisting of sliced boiled potatoes, served on a bed of lettuce with a slightly spicy cheese sauce with olives. The dish is cheap to make and uses ingredients that are readily available in Peru, yet it has complex flavours and textures so is very popular with chefs in restaurants in Peru. This combination of being cheap to make, yet favored by chefs, has helped Papa a la Huancaína become popular across all classes of Peruvian society.^[4] The name of the dish suggests it is from Huancayo, however it is actually from Chosica, in Lima, and made by a "Huancaína" (a person from Huancayo).



Papa a la huancaína (Huancayo-style potatoes)

Tacu-tacu: Mixture of beans and rice, fried, and topped with breaded and pan-fried steak and an onion salsa.

Papa rellena (stuffed potato): mashed potatoes stuffed with ground (minced) meat, eggs, olives and various spices and then deep fried.

Arroz tapado (covered rice): uses the same stuffing of papa rellena, but rather than used as a stuffing, it is accompanied by rice.

Pollo a la Brasa (grilled chicken or roaster chicken): is one of the most consumed foods in Peru. It's basically a gutted chicken marinated in a marinade that includes various Peruvian ingredients, baked in hot ashes or on a spit-roast. The origins of the recipe for this dish date back to Lima, the capital of Peru, during the 1950s. Two Swiss citizens who were Peruvian residents, Roger Shuler and Franz Ulrich, invented and registered the patent (1950) for the machine to cook the chicken on the grill, a mechanical system of planetary rotation in that the chickens rotating on its axis and over a central axis, simultaneously. The dish comes with French fried potatoes, salad and various creams (Peruvian mayonnaise, ketchup, olive sauce, chimichurri and aji (chili) sauces of all kinds). There are many famous brands of "Pollo a la Brasa" restaurant in Peru and particularly in Lima, the most famous and popular being Hikari, Norky's, Roky's and La Leña.

Sancochado is a hearty beef and vegetable broth that includes *yuca* (cassava) and potatoes.

A local staple found in many cheaper, as well as more up-market, restaurants is *lomo saltado*, sliced beef (if made from the tenderloin it is "lomo fino") stir fried with onion, tomato, soy sauce, vinegar, chili (aji) and served or mixed with French fried potatoes (aka "chips"), and accompanied with rice.

Lima has an abundance of Peruvian-style Chinese restaurants or "chifas" as they are known locally; indeed, arroz chaufa or Chinese style rice is one of the frequently sampled dishes that has found its way into Peruvian cuisine.

Arroz con pollo, or rice with chicken, is enjoyed for its rich-flavored rice combined with chicken.

Chupe de pescado or fish cioppino is popular in Lima and along the coast.

Lima butter bean (pallares) salad is a salad made with Lima butter beans (called *pallares* in Perú), cooked (but still whole) and mixed (when cooled) with a mixture of onions, slices of tomatoes, and green *ají* (chili), marinated in green Peruvian lime juice, oil, salt, and vinegar. Lima butter beans (*pallares*) have been part of the Peruvian cuisine for at least 6,000 years.

Butifarras, also known as *Jamon del Pais*, is a sandwich with "Peruvian ham", sliced onions, sliced chili peppers, lime, salt, pepper, oil, in a type of white bread roll.

Causa, in its basic form, is a mashed yellow potato dumpling mixed with key lime, onion, chili and oil. Varieties can have avocado, chicken, tuna (typically canned) or even shellfish added to the mixture. Also, causa is popular in Lima, where it is distinguished by the name *Causa Limeña*. Causa is usually served cold with hard boiled eggs and olives.

Carapulcra is an appetizing stewed dish of pork and chicken, dried potatoes, red chilis, peanuts and cumin. The version from the Afro-Peruvian Ica region uses fresh potatoes.

Empanadas (meat turnovers) were introduced by the Spanish during the colonial period, and later modified, possibly due to lack of Spanish ingredients (olive oil, codfish, smoked paprika, etc.). In Peru, they are filled either with chicken, beef, or cheese. Olives, and sometimes hard boiled eggs and raisins gives them a unique taste.

Ají de gallina (chili chicken) consists of thin strips of chicken served with a creamy yellow and spicy sauce, made with *ají amarillo* (yellow chilis), cheese, milk, bread. Occasionally walnuts are added on special occasions or at upscale restaurants due to its prohibitive cost in Peru. Traditionally the meat is from non-laying hens, but today almost exclusively made from more tender chickens.

Escabeche criollo (pickled fish): "Escabeche" when the word is used alone normally refers to fish escabeche. Other varieties can use duck or chicken. The escabeche dishes rely in the cooking on the heavy use of vinegar and onions together with other spices and chili.

Cau cau is a meal consisting of *mondongo* or tripe stew and accompanied by rice. There are a number of versions of Cau-Cau. In general cau-cau is a style of cooking being there seafood cau-cau, shellfish cau-cau, etc. Two noteworthy styles are the creole style simply called Tripe Cau-Cau, and the Italo-Peruvian style. The creole is made with strips of previously cooked tripe, seasoned by a mixture of sauteed onions, garlic, yellow aji, a pinch of turmeric, salt and pepper and chunks of boiled potatoes. The mixed is allowed to cook together to blend the tastes and acquire consistency. It is then sprinkled with spearmint or mint. The other common version is the "Italian" style.

It consists of strips of precooked tripe sauteed with a mixture of red onions, peeled tomatoes, tomato paste and dried mushrooms (Porcini). After the flavors blend it is seasoned with parsley and mixed with fried potato strips just prior to serving. Some chefs add a few tablespoons of wine or pisco following the sautee step. These recipes may have African and Chinese influence as well as Italian.

Chicharrones is salted pork deep-fried in its own fat. There are at least two kinds of chicharrones: pork skins, and country style ribs that are first boiled, then rendered in their own fat until they brown into chicharrones. Other types of chicharrones including deep fried squid, and other seafoods. They can be served at breakfast, or any time of day.

Northern coast

The cuisine of the *northern coast* offers a difference in style from the central and southern varieties. This is not only due to the coastal native Indian influence (less Andean), the Spanish influence, the African; but also to the warmer coastal seas, hotter climate and immense geographical latitude variety.

The widely different climates between Tumbes, Piura, Lambayeque, La Libertad, Cajamarca and San Martin contributes to the variety of dishes in these areas.

Northern Style Dishes:

Shambar is a soup made with wheat, pork rinds, "Jamon Serrano" (smoked ham), assorted beans, and green onions. It is served with toasted corn (cancha) and is made only on Mondays.

Seco de Cabrito (goat stew, but goat is often substituted by lamb, chicken, or beef) is made in a pot after marinating with chicha de jora (beer made with corn) and spices including fresh coriander leaves (cilantro) and garlic. This is most popular in the northern coast especially in Cajamarca and Lambayeque.

Seco de Chavelo (typically from Catacaos - Piura) is a type of seco that is made of cecina stewed and dried meat that has been clotted and dried along with bananas, yuca, aji panca (*Capsicum chinense*) and the addition of Clarito (from Chicha de Jora the Piurano style).

Cebiche de Conchas Negras (*ceviche* with black shells) is a dish of Piura and Tumbes is also popular along the southern coast of Ecuador due to Peruvian influence. In this version of *ceviche*, the seafood used in the dish should be black clams accompanied by toasted corn.

The Andes

In the valleys and plains of the Andes, the locals' diet is still based on corn (maíz), potatoes, and an assortment of tubers as it has been for hundreds of years. Meat comes from indigenous animals like alpacas and guinea pigs, but also from imported livestock like sheep, cattle and swine.

As with many rural cultures, most of the more elaborate dishes were reserved for festivities, while daily meals were simple affairs. Nowadays, festive dishes are consumed every day by urban dwellers, though they tend to be on the heavy side and demand a large appetite, while rural diets tend to be light on meat and heavy on *lahua* gruel.

The pachamanca is a very special banquet in and of itself. Cooked all over the Andean region of Peru, is made from a variety of meats (including pork and beef), herbs and a

variety of vegetables that are slowly cooked underground on a bed of heated stones. It demands skillful cooks to create and a large number of guests to consume. Because of its tedious preparation it is normally only done for



Alpaca with aguaymanto sauce

celebrations or festivals in the Andes, though recent years have seen the appearance of many "campestre" restaurants outside Lima where urban families can escape to spend an afternoon in the fresh air eating pachamanca. Such as in Cieneguilla.^[5]

Andean cooking's main freshwater fish is the trout, raised in fisheries in the region.

Cuy chactado: A dish more popular in the highlands is this meal of fried guinea pig. Often the indigenous women of the Peruvian Andes will raise the guinea pigs in their huts where they run around loose on the floors of the dwellings. Prior to consumption they can reach a surprisingly large size. Besides the use of guinea pigs as separate meals, they are often cooked in a Pachamanca with other meats and vegetables.

Olluquito con charqui is another traditional Andean dish. Olluco is a yellowish tuber (*Ullucus tuberosus*) domesticated by pre-Inca populations, and is visually similar to colorful small Andean potatoes, but with a distinct crunchy texture when cooked. Charqui is the technique employed in the Andean highlands to cure meat by salting, then dehydration. Incidentally the word "jerky" in English is derived from this Andean (Quechuan) word. The dish is a stew of finely diced ollucos with charqui pieces (traditionally alpaca, or less frequently llama meat, though today it is also very commonly made from sheep), served with white rice.

Rocoto relleno: Arequipa dish made from stuffed rocoto chilis. Rocotos are one of the very hot (spicy) chilis of Peru. In this dish they are stuffed with spiced beef or pork, onions, olives, egg white and then cooked in the oven with potatoes covered with cheese and milk.

Tocosh or *Togosh* is a traditional Quechua food prepared from fermented potato pulp.

Puka Pikanti: Ayacucho dish made from white potatoes, beets, yellow chili pepper, mint, and peanuts.

The Amazon

Naturally, Amazonian cuisine is made using the products local to the Amazon rainforest. Although many animal species are hunted for food in the biologically diverse jungle, standouts are the paiche (one of the world's largest freshwater fish), prepared in variety of dishes; many other types of fish like gamitana, sabalo^[6], tucunare, boquichico, palometa^[6], bagre, and many others including the piranha, that are prepared in variety of dishes such as "timbuche" (soup) or "patarashca" (grilled in vegetables); many types of turtles like the motelo (land turtle), and the charapa and taricaya (river turtles). Hunting turtles is prohibited in Peru, therefore turtle-based dishes are scarce and expensive and not sold *à la carte* in restaurants. Other animals include the majas, the sajino, the agouti and jungle mammals, which are called collectively "carne de monte". The Black Caiman is also considered a delicacy; but its hunt is forbidden under Peruvian law.

Among the fruits of Peru's jungle is the camu camu, which contains 40 times more vitamin C than the kiwifruit. Non-native fruits such as mango and pineapple and star apple are also in abundance, as well as other jungle fruits like, mammee apple, cherimoya, guanabana, taperiva, copoazu, dry fruits like the aguaje and the hungurahui.

Juane is rice seasoned with turmeric, and chicken wrapped in banana leaves.

Chapo is a beverage made with sweet plantain.

Other regional dishes

Chalona or *Charqui* is a cured dried meat originally obtained from alpaca. It is also eaten in Bolivia, and was presumably eaten by the Indians in Southern Peru and Bolivia before the arrival of the Spanish. Today lamb is often substituted for alpaca meat. It is used as an ingredient in a variety of dishes of the Puno region, Cusco, and Arequipa. It is prepared using recently cured lamb, in which furrows are made with a knife so the salt can penetrate. Salt penetration is important, because it determines how long the cured meat lasts. The meat is left to dry in the sun and cold nights for almost one month.

Chairo: A traditional soup of the Puno and Arequipa regions. Its origins have been traced to the Collan Indians who live in the Andes of Bolivia and southern Peru. The soup consists of black chuño, aji panca (red chili pepper), sweet potatoes, sheep tripe and *chalona*.



Ocopa

Ocopa: A dish with some similarities to Papas a la Huancaína. It consists of boiled and sliced yellow potatoes covered with a sauce made of aji (chili pepper), the Peruvian herb *Tagetes minuta*, (called *huacatay*; the herb gives it a vivid green color), ground peanuts, and fresh or white cheese, with sides of lettuce, boiled eggs and olives. At expensive restaurants walnuts are often added, but this is seldom done in Peruvian homes due to the prohibitive cost of walnuts in Peru. The name *ocopa* is also used to refer to the hot sauce by itself.

Copús is one of the best known dishes of Piura. Its ingredients are ripe fried bananas, *camotes* (sweet potatoes), and seasoned hen, turkey, goat, and mutton. The meat is cooked in a furnace under the ground; this method is different from using a pachamanca since the furnace is covered with blankets and clay.

Yuca chupe or cassava soup is one of the variations in which the Peruvians enjoy cassava.

Currently, ostrich meat is being raised on farms in Arequipa, although its consumption is not widespread and limited to urban areas.

- Sangrecita, chicken blood dish

Crema de tarwi (tarwi soup): Tarwi is a vegetable native to the mountains of Bolivia, Ecuador, and Peru. In addition to its use in soup, tarwi is used in much of Peruvian cuisine, including *sancochado*. Fresh tarwi can be used in stews, purees, sauces, desserts and in a variation of cebiche. In some areas, locals call it *chocho*. Its cultivation has recently expanded to all the countries of the Andean region. In Peru, it is principally grown in the areas of Cajamarca, Ancash, the Mantaro Valley, Ayacucho, Cusco, and Puno.

Tarwi can also be found in beverages (such as papaya juice with tarwi flour). Tarwi has been shown to have a higher vegetable protein content than soy. In pre-Incan and Incan times, it was an important part of the mostly vegetarian diet of the region. It was consumed with small quantities of meat and dried fish, providing an abundant source of protein for the population. Tarwi seeds have been found in Nazca tombs and in representations of Tiahuanaco ceramics.

Chifa

Chifa (from the Mandarin words 吃饭 "chī fàn", meaning "to eat rice") is the Peruvian term for Chinese food (or for a Chinese restaurant). Because many Chinese ingredients are hard to find in Peru, the Chinese modified their cuisine and incorporated many Peruvian elements (mainly Spanish, native and African) into their cuisine. Even today, it is difficult to find authentic Chinese cuisine in Peru. This is mainly due to popularity of the hybridization of Chinese food, which is commonly called "Chifa," and a lack of many Chinese ingredients.

In downtown Lima, on Capón Street, is the *barrio chino* (Chinatown). This is the main area in Peru where one can find a limited selection of authentic Chinese ingredients imported from China. Even in this area, however, it is very difficult to find a restaurant that serves authentic Chinese dishes such as Mapo doufu.

Some Creole dishes such as *lomo saltado* and *arroz chaufa* were influenced by the Chinese and are commonly served at Chifa restaurants.

Sweet dishes and desserts

Alfajores: a dessert found in virtually all of Spain's former colonies. It is derived from the versions popular in Spain during the colonial period. The original Spanish recipes, however, have been modified because the original ingredients are expensive in Peru (almonds, honey) or even unobtainable (hazlenuts, lemon rind, coriander seed, etc.). The basic recipe uses a base mix of flour, key lime rind, margarine, and powdered sugar, which is oven-baked. Alfajores consist of two or more layers of this baked pastry, and is usually filled with either manjar blanco (a caramel-colored, sweet, creamy filling made with milk and sugar) or molasses.

*Turrone*s (or nougat) is another originally Spanish dessert. The original Spanish recipe, which contained ingredients that were rare or expensive in Peru (such as almonds, rose water, orange blossom water, honey) were modified in a variety of ways. One common variety found in Lima is Turrón de Doña Pepa, an anise and honey nougat that is traditionally prepared for the Señor de los Milagros (or Lord of Miracles) religious procession, during October.

Almost exclusive to the Andes region is the fruit known as *lúcuma*. Lúcuma juice, ice cream, and corresponding lúcuma shakes are very popular throughout Peru. Lúcuma ice cream can normally only be found in large US cities (typically in Peruvian restaurants). One popular brand of ice cream in Peru is D'Onofrio, which is owned by *Nestlé*.

Arroz con leche (rice pudding): Another dessert originally from Spain that can be found in various varieties throughout Latin America. Arroz con leche is one of the more common



Small alfajores



Suspiro a la limeña

desserts found in homes and restaurants of modern-day Peru. It consists primarily of cooked rice, cinnamon/nutmeg, raisins, and milk. Because lemons are not available in Peru, rice pudding never has lemon rind as is traditional in the Spanish version. Arroz con leche is usually eaten with Peruvian Mazamorra (jelly-like clove-flavored dessert).^[citation needed]

Helados (ice cream): The most common ice cream flavors found in Peru are lucuma, chocolate, vanilla and strawberry.

Some more exotic flavors such as *camu camu*, *guaraná* and *Prickly Pear* can occasionally be found. For other commonly available flavors, however, one needs to purchase imported ice-cream as many of the ingredients are not available in Peru. Peru is one of few countries in the world where the third most popular ice-cream (after vanilla and chocolate) is not strawberry, it is in fact the "nutty" flavored, orange colored *lúcuma*, which is an exotic fruit grown in quantity only in Peru, and only in recent years being exported in very limited quantities as an exotic flavor (for ice cream and savory sauces) to the USA, and available in Europe essentially in food shows.

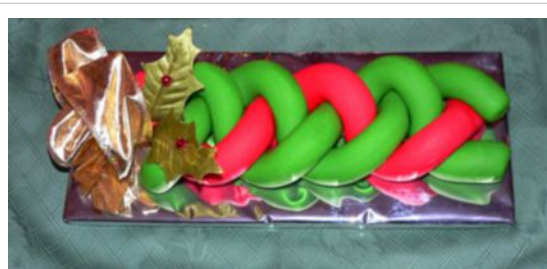
Mazamorra morada: Is a jelly-like clove-flavored dessert. It takes on the color of one of its main ingredients: purple maize. A variety of purple corn (maíz morado) that only grows in Peru adds color to the water it's boiled in, along with cinnamon cloves. When the water cools, chopped fruit, key lime and sugar are added. The mixture is served as a beverage called "chicha morada".

Picarones: a sweet, ring-shaped fritter with a pumpkin base; often served with a molasses syrup. Picarones were created during the colonial period to replace the Spanish dessert Buñuelos, as buñuelos were too expensive to make (They had an egg custard filling) and some ingredients were unavailable (lemon rinds). Peruvian Picarones are made of squash or pumpkin dough and sweetened with chancaca, raw cane sugar melted into a syrup.

Tejas: another modified Spanish dessert. The original Spanish version contained ingredients that were prohibitively expensive in Peru, such as almonds. The Peruvian version of this candy is filled with manjar blanco and coated with a fondant-like shell. Some are also made with a chocolate shell (chocoteja).

King Kong: is made of cookies (made from flour, butter, eggs and milk), filled with milk candy, some pineapple sweet and in some cases peanuts, with cookies within its layers. It is sold in one-half and one kilogram sizes. It is known as part of the culture of Lambayeque Region.

Suspiro a la Limeña: Is another Spanish-influenced dessert that uses Dulce de leche, which derives from the Spanish Blancmange. The bottom layer is made of dulce de leche enriched with egg yolks. The top layer consists of meringue made with port wine. This classic criollo dessert is said to have been named by the famous Peruvian poet and author José Gálvez whose wife doña Amparo Ayarez was famous for her cooking. When asked what inspired the name, he reportedly replied, "Because it is soft and sweet, like the sigh of a woman." In this case, it would be a woman from Lima, a *Limeña*.



Maná for Christmas

Beverages

Soft drinks

The most commonly encountered soft drinks in Peru are:

- *Chicha Morada*: a clove flavored beverage prepared from a base of boiled purple maize (which merely acts as a coloring agent) and a generous amount of powdered cloves, to which sugar, cinnamon and ice are added as it cools. Occasionally chunks of pineapple are added. The taste is reminiscent of old fashioned clove flavored candy. Chicha de jora is a beer made with corn (see below)
- *Inca Kola*: a lemon grass flavored soda (*gaseosa*), which is a cultural icon, served on the most humble to the most exclusive tables nationwide, alone or with any type of food. Yellow in color, it is very sweet (with a candy-like taste). *Inca Kola* is the only national beverage in the world that beat worldwide Coca-Cola in sales, mainly due to nationalism prevalent among Peruvians, and an advertising campaign that capitalized on the fact that Inca Kola is a Peruvian product. In 1997, however, Coca-Cola acquired 49 percent of the Inca Kola company. Although exported to various countries, Inca Kola has not enjoyed major success elsewhere.
- *Kola Inglesa*: a cherry flavored red soda introduced in 1912, named after its English creator, Erin Stone.
- *Kola Escocesa*: a purple soda very traditional in the city of Arequipa. The beverage is produced since the 1950s using mineral water.

Less common are:

- *Refresco de camu camu*: Refrescos are juices of various flavours mixed with water and sugar and often served with the set menu of the day at smaller restaurants. Besides camu camu, there are more common flavours such as orange. Pure juices, such as orange juice or grape juice are seldom encountered in Peru due to their expense.
- *Té de uña de gato*: a tea made from a plant from the Amazon, cat's claw (*Uncaria tomentosa*), which is consumed for its supposed healing or medicinal properties.

Alcoholic drinks

Pisco, a kind of brandy, is the national drink of Peru. It originated during the colonial period as a then, cheaper substitute for the Spanish liquor known as Orujo. Nevertheless Orujo is a product made from the spoils of wine production, Pisco, in the other hand, uses fresh grapes very much as wine does. This distilled beverage made from grapes is produced in various regions of the country. Pisco Sour is a cocktail made from *pisco* combined with key lime juice, the white of an egg and sugar. Chilcano also made with Pisco, is a very refreshing cocktail as well.

Wines come from many different regions of the country, most notably from the Ica Region.



Inca Kola



Welcome platter with Pisco Sour

Beer, as in many countries, is popular at all levels of society. Local brands include Pilsen and Cristal. A couple of regional beers are Arequipeña and Cuzqueña (Cusqueña), from Arequipa and Cuzco, respectively; though Cuzqueña is popular nationwide and is exported worldwide. A common beer drinking ritual among many Peruvian men involves a group sharing one glass. The party holding the bottle waits for the prior person to drink from the glass before receiving that glass, filling it and passing the bottle on to the next in line. While this custom is more common among men of lower echelons of society, people of higher social status, particularly youth and occasionally women, take part in this custom.

Chicha de Jora is another well-known drink, based on different varieties of fermented maize and different aromatic herbs, depending on the region of the country. Its consumption is mostly limited to the Andes area.

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- (<http://www.youtube.com/pdrdas72>)
- "Perú, mucho gusto" short video (<https://www.youtube.com/watch?v=Jl-S85BtUGs>) on YouTube A rich visual review of the most famous dishes of the Peruvian cuisine, and the products that make it possible. Produced by PromPerú, the official Peruvian Commission for the Promotion of Peru.
- "The Latest about Peruvian Gastronomy and Pisco in San Francisco" short video (<https://www.youtube.com/watch?v=EdBqvNAIgz0>) on YouTube Summary of radio interview: KGO-ABC 810AM "Dining Around with Gene Burns", the most popular foodie radio program of San Francisco, telling us about Peruvian gastronomy and the historical relation of Peruvian Pisco brandy with the City by the Bay.

Uruguayan cuisine

Uruguayan cuisine is traditionally based on its European roots, in particular, European food from Italy, Spain, Portugal and France, but also from countries such as Germany and Britain, along with African and indigenous mixtures. Many foods from those countries such as pasta, sausages, and desserts are common in the nation's diet. The Uruguayan barbecue, asado, is one of the most exquisite and famous in the world. A sweet paste, dulce de leche, is used to fill cookies, cakes, pancakes, milhojas, and alfajores. The alfajores are shortbread cookies sandwiched together with dulce de leche or a fruit paste. Dulce de leche is used also in *flan con dulce de leche*.

The national drink is the an infusion called mate. The dried leaves and twigs of the yerba mate plant (*Ilex paraguariensis*) are placed in a small cup. Hot water is then poured into the gourd at near-boiling point so as to not burn the herb and spoil the flavour. The drink is sipped through a metal or cane straw, known as a *bombilla*.

A traditional drink is Grappamiel, an alcoholic drink which is very popular in rural areas. It is made with alcohol and honey. It is often consumed in the cold mornings of autumn and winter to warm up the body.



Asado with achuras (offal) and sausages.



A typical Uruguayan parrillero.

- Asado: both the tradition of grilling beef over coals (which translates to barbecue in American English), and the dish, "tira de asado".
- Chivito: a sandwich containing steak, ham, cheese, tomato, lettuce, and mayonnaise.
- Choripán: a very popular Uruguayan fast food. A grilled "chorizo" and a crusty bread such as a baguette, with tomato, lettuce and mayonnaise.
- Empanada : a small pie or turnover, most commonly filled with meat, such as ham and cheese.
- Empanada Gallega: a fish pie, with sauce, onions and bell peppers. Brought by immigrants from Galicia.
- Fainá: a mix of chickpea flour, salt, water and olive oil, originally called "farinata", cooked like a pizza on a flat tray. Brought by immigrants from Liguria (Italy).
- Pancho: the typical Uruguayan hot dog: a bun called "pan de Viena" filled with a "Frankfurter" with mustard, ketchup, mayonnaise or "salsa golf" on top.
- Gnocchi (known as "ñoquis") is traditionally eaten on the 29th day of each month. This was the day before payday, when people were at their poorest. Gnocchi made a cheap and hearty meal. On these occasions, some people leave a coin or a banknote under the plate to attract prosperity.
- Húngara: very similar to the Frankfurter, but very spicy.
- Milanesa: a thin breaded cutlet steak. There is a great variety, such as: Milanesa Napolitana, Milanesa Rellena, and Suprema Maryland.
- Lehmeyun: an Armenian dish, brought by Armenian immigrants.
- Pascualina: a swiss chard pie, puff pastry crust on bottom and top, filled with seasoned swiss chard and eggs, pascualina is a reference to Pascua, 'Easter'.
- Pastel de carne: in English: *meat pie*. Chopped meat, mashed potato, green peppers, olives, and eggs.
- Russian salad: potatoes, carrots, peas and mayonnaise.



A *chivito* with lettuce, tomato, thin filet steak, bacon, ham, mushrooms, olives, mozzarella cheese, onion, egg, garlic mayonnaise on a non sesame seed bun.



"Fish in a box", served at a restaurant in Montevideo, Uruguay.



Pasta is a staple food in Uruguayan cuisine.

Pizza (locally pronounced pisa or pítsa), for example, has been wholly subsumed and in its Uruguayan form more closely resembles an Italian calzone than it does its Italian ancestor. Typical Uruguayan pizzas include

pizza rellena (stuffed pizza), *pizza por metro* (pizza by the meter), and *pizza a la parrilla* (grilled pizza). While Uruguayan pizza, derives from Neapolitan cuisine, the Uruguayan fugaza/fugazza comes from the focaccia xeneise (Genoan), but in any case its preparation is different from its Italian counterpart, and the addition of cheese to make the dish (fugaza con queso or fugazzeta) is an Uruguayan invention.

Fainá is a type of thin bread made with chickpea flour (adopted from northern Italy). During the 20th century, people in pizzerias in Montevideo, have commonly ordered a "combo" of moscato, pizza, and fainá. This is a large glass of a sweet wine called moscato (muscat), plus two stacked pieces (the lower one being pizza and the upper one fainá). Despite both pizza and faina being Italian in origin, they are never served together in that country.



Homemade milanesa

Nevertheless, the pastas (pasta, always in the plural) surpass pizzas in consumption levels. Among them are *tallarines* (fettuccine), *ravioles* (ravioli), *ñoquis* (gnocchi), and *canelones* (cannelloni). They are usually cooked, served, and consumed in Uruguayan fashion, called *al-uso-nostro*, a phrase of Italian origin.

Sliced pizza served over fainá, a common combination. For example, it is common for pasta to be eaten together with white bread ("French bread"), which is unusual in Italy. This can be explained by the low cost of bread and the fact that Uruguayan pasta tends to come together with a large amount of tuco sauce (Italian suco "juice"), and accompanied by *estofado* (stew). Less commonly, pastas are eaten with a sauce of pesto, a green sauce based on basil, or *salsa blanca* (Béchamel sauce).

Polenta comes from Northern Italy and is very common throughout Uruguay. But unlike in Italy, this cornmeal is eaten as a main dish, with sauce and melted cheese.

Spanish influences are very abundant: desserts like the churros (cylinders of pastry, usually fried, sometimes filled with dulce de leche), flan, *ensaimadas* (Catalan sweet bread), and alfajores are all descended from Spain. Nearly all kinds of stews known as "guisos" or "estofados", arroces (rice dishes such as paella), and fabada (Asturian bean stew). All of the guisos and *pucheros* (stews) are of Spanish origin. Uruguayan preparations of fish, such as dried salt cod (bacalao), calamari, and octopus, originate from the Basque and Galician regions.

Germanic influence has impacted Uruguayan food as well, particularly sweet dishes. The pastries known as bizcochos are Germanic in origin: croissants, known as *medialunas*, are the most popular of these, and can be found in two varieties: butter- and lard-based. Also German in origin are the "Berlinese" known as *bolas de fraile* ("friar's balls"), and the rolls called piononos. The facturas were re-christened with local names given the difficult phonology of German, and usually Uruguayanized by the addition of a dulce de leche filling. In addition dishes like *chucrut* (sauerkraut) have also made it into mainstream Uruguayan cuisine.

Due to its strong Italian tradition, in Uruguay all of the famous Italian pasta dishes are present: ravioli, spaghetti, lasagne, tortellini, fettuccine, cannelloni, fusilli, agnolotti, tagliatelle, capellini, vermicelli, penne rigatti, fagioloni, cellentani, rotini, bucatini, farfalle, and the traditional gnocchi. Although the pasta can be served with a lot of sauces, there is one special sauce that was created by Uruguayans. The Caruso Sauce is a pasta sauce made from double cream, meat extract, onions, ham and mushrooms. It is very popular with sorrentinos and agnolotti.

Desserts

Cakes

- Schwarzwälder Kirschtorte: brought by immigrants from Germany, consists of several layers of chocolate cake, with whipped cream and cherries between each layer (*Selva Negra*).
- **Chajá**: a dessert with meringue, sponge cake, "Chajá" cream and peaches. It is created by a well known firm in the city of Paysandú.^[1]
- Génoise cake: Italian sponge cake served with buttercream frosting, brought by the Italian immigrants (*Plantillas*).
- Frankfurter Kranz: shaped like a crown in a ring shape, it is filled with buttercream (and also possibly jam or jelly) and topped with caramel-covered brittle nuts, called Krokant. Brought by the German immigrants from Frankfurt am Main. Mainly eaten during holidays and very popular among Uruguayan desserts (*Almendrado*).
- Prinzregententorte: a cake that consists of at least six thin layers of sponge cake interlaid with chocolate buttercream, the exterior is covered in a dark chocolate glaze. Brought by the German immigrants from Bavaria.
- **Isla Flotante**, made with egg white and sugar, and served with zabaione.



Slice of Prinzregententorte

Confectioneries

- Garrapiñada: a very popular treat, made with peanuts covered with cocoa, vanilla and sugar, resembling whole-nut pralines. It is sold in little bags in the downtown's streets.
- Damasquitos: Jelly apricot candies.
- Yemas acarameladas: Egg candy made mainly with egg yolks, vanilla and sugar. It has a spherical shape of about one inch diameter, and covered with a thin layer of hard, transparent, caramelized sugar coating.
- Zapallo en almíbar: Squash in syrup.

Cookies

- Alfajores: longbread cookies, sandwiched together with Dulce de Leche (caramelized milk) or a fruit paste.
- Yo-yo: Layered pastry filled with Dulce de Leche and coated with chocolate on the upper half. It is shaped like a yo-yo.
- Churros: came from Spain, and are just like those, except some have fillings, like custard cream or Dulce de Leche.

Custards and ice creams

- Dulce de leche: a sweet treat made of milk and sugar. It is used in many Uruguayan desserts.
- Gelato: an Italian variant of ice-cream, flavored with fresh fruit purees, cocoa and/or nut pastes. If other ingredients such as chocolate flakes, nuts, small confections, cookies, or biscuits are added, they are added after the gelato is frozen. Gelato made with fresh fruit sugar, water, and without dairy ingredients is known as sorbet. Brought by the Italian immigrants.
- Dulce de membrillo: a sweet quince jelly-like preserve.
- Budín inglés: in English: "English pudding". A pudding with fruits and nuts, very popular in Christmas and New Year's Eve.
- Flan: a kind of rich custard dessert with a layer of soft caramel on top. It can be served with Dulce de Leche too (Flan con dulce de leche).
- Martín Fierro: a slice of cheese and a slice of quince preserve (*dulce de membrillo*).
- Ricardito: Also as popular, this is a cream filled treat, covered with chocolate on a waffle base. It has different variants and it's sold in most kiosks in individual boxes.
- Granita: a semi-frozen dessert of sugar, water, and flavorings originally brought from the Italian immigrants from Sicily.
- Semifreddo: a class of semi-frozen desserts, typically ice-cream cakes, semi-frozen custards, and certain fruit tarts. It has the texture of frozen mousse because it is usually produced by uniting two equal parts of ice cream and whipped cream, brought by the Italian immigrants from Northern Italy.
- Crème caramel: a rich custard dessert with a layer of soft caramel on top, as opposed to crème brûlée, which is custard with a hard caramel top. Brought by the immigrants from France and Spain.



Homemade oven steamed Crème caramel

Pastries



A sweet crêpe opened up, with whipped cream and strawberry sauce.



Assorted bizcochos, a buttery flaky pastry

- Bizcochos: buttery flaky pastry with many variants, the croissants being one of the most popular.
- Strudel: the famous apple pie from Germany.
- Pastafrola: an exquisite pie made of quince paste (*dulce de membrillo*).
- Crêpes: brought by the immigrants from France, popular for a typical Uruguayan breakfast. When sweet, they can be eaten for dessert. They can be filled with various sweet toppings, often including Nutella, sugar (granulated or powdered), maple syrup, lemon juice, whipped cream, fruit spreads, custard, and sliced soft fruits. The most popular are Apple Crepes and Dulce de Leche Crepes.
- Loukoumades: a kind of fried-dough pastry made of deep fried dough soaked in sugar syrup, honey or cinnamon, and sometimes sprinkled with sesame, brought by the Greek immigrants.

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Venezuelan cuisine

Due to its location in the world, its diversity of industrial resources and the cultural diversity of the Venezuelan people, **Venezuelan cuisine** often varies greatly from one region to another. Its cuisine, traditional as well as modern, is influenced by indigenous peoples and its European ancestry^[1] (Italian, Spanish, Portuguese, and French), and is also influenced by African and Native American traditions. Food staples include corn, rice, plantain, yams, beans and several meats. Potatoes, tomatoes, onions, eggplants, squashes and zucchini are also common sides in the Venezuelan diet.

Regional cuisine

In the eastern states (*Oriente*), south-eastern states (Guayana), and northern states (Caribe), there is a wide gamut of fresh and saltwater fish, seafood and crustaceans. Tubers such as potato and yam are abundant. Carbs such as corn, rice and pasta (Venezuelans are the second highest pasta consumers in the world, after Italy) are likewise popular. Fresh fruits include lettuce, tomatoes and plantains.

The preferred meats in western states (*occidente*) include goat (usually prepared with tomato) and rabbit. There is also extensive use of plantains and a variety of cheeses. Dishes are influenced by the local tribes as well as by Colombian cuisine.

In Llanos beef and game (deer, chigüire, lapa, morrocoy, etc.) are mostly grilled or roasted. Corn (in the form of cachapas), several sorts of soft, white cheese (*guayanés*, *de mano*, *crineja*, etc.) and other milk products are widely used.

The Andean region is marked by potatoes (other tubers), wheat, beef, lamb and chicken. There is not much fish because the region does not have a coastal line. One exception is trout, which is raised on fish farms. Dishes in this region show European and native Andean peoples' influences.



Homemade empanadas.

Main dishes

- *Arepa*
- *Asado negro*
- *Bistec a caballo*
- *Bollo pelón*
- *Cachapa* - Maize pancake
- *Cachitos* - de jamón, similar to French croissants
- *Caraotas negras* (black beans)
- *Chicharrón*
- *Chivo en coco* - a generous serving of shredded goat cooked in coconut milk, topped with mofongo (fried, mashed green bananas).
- *Chupe Andino*
- *Corbullón de mero*
- *Empanada*
- *Pastelito*
- *Ensalada de pollo* - Chicken salad
- *Lengua de Res* - Cow tongue "a la vinagretta" (in a vinaigrette)
- *Mandoca*
- *Mondongo* (tripe)
- *Ñoquis* - Potato pasta, more prominent in the Central region.
- *Hallaca* - typical Christmas dish.
- *Hervido de gallina* - Hen soup
- *Pabellón criollo* - *Creole pavilion*, the National dish.
- *Pastel de pollo*
- *Pasticho* - the Venezuelan version of lasagna; from the Italian *pasticcio*.
- *Patacones*
- *Perico*
- *Pescado sudado*
- *Pisca Andina* - soup commonly served in the Andes
- *Pisillo de chigüire*
- *Polenta* - it is also known as "Funche" in some areas of the country.
- *Sancocho de pescado*
- *Sopa de rabo*
- *Torta de plátano* - cake made with plantains



Polenta with sausages



Pabellón criollo



Pasticcio

Typical snacks

- *Tequeño*
- *Golfeados*
- *Tostones*, common side dish for fried fish, typically eaten at the beach.

Beverages

- Beer
- *Chicha*
- *Cocada* - Coconut milkshake, found mostly in coastal areas.
- Mango juice
- Passion fruit juice
- *Leche de burra*
- *Malta* - Non-alcoholic carbonated malt.
- *Papelón con limón*
- *Ponche crema*
- Rum



A tequeño is prepared with a bread dough with *queso blanco* (white cheese) in the middle.

Breads

- *Pan Dulce*
- *Pan Chabata* - Italian "ciabatta"
- *Pan de jamón*
- *Pan Frances*, or *Canilla*
- *Pan Siciliano* - round loaf of country bread.

- *Pan de jamón* - usually filled with ham, olives, and raisins and usually eaten during the Christmas season.



Mandocas are Venezuelan deep-fried pretzels made from cornmeal, often served hot with butter and cheese



Hallacas typically have a mixture of beef, pork, chicken, capers, raisins, and olives wrapped in maize (cornmeal dough), bound with string within plantain leaves, and boiled or steamed afterwards



Pan de jamón, a Christmas specialty

Cheeses

• <i>Queso de Año</i> • <i>Queso de Bola relleno</i> • <i>Queso de Cabra</i> • <i>Queso de Mano</i> • <i>Queso Guayanes</i>	• <i>Queso Telita</i> • <i>Queso Paisa</i> • <i>Queso Parmesano</i> • <i>Cuajada andina</i> • <i>Queso Palmizulia</i> • <i>Queso Clineja</i> - Venezuelan slang. RAE (Crizneja)
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Desserts



Venezuelan Quesillo

• <i>Bienmesabe</i> • <i>Besitos de coco</i> - small and round coconut candy • <i>Cannoli</i> - often called "cannoli siciliano" • <i>Conserva de coco</i> • <i>Conserva de guayaba</i> • <i>Dulce de leche</i> - A solid version made in Coro. • <i>Dulce de lechosa</i> • <i>Majarete</i>	• <i>Mousse de chocolate</i> • <i>Pudín de chocolate</i> - Chocolate pudding • <i>Quesillo</i> - Local-style caramel flan. • <i>Brazo gitano</i> - Spanish rolled cake, also "pionono" • <i>Profiterol</i> • <i>Torta de queso</i> - Cheese cake
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Cakes

• <i>Marquesa de almendras</i> - Almond marquise • <i>Torta Burrera</i> • <i>Torta de jojoto</i> - Corn cake • <i>Torta de pan</i> - Bread cake • <i>Torta negra</i>	• <i>Torta de auyama</i> - Pumpkin cake • <i>Torta Mil Hojas</i> • <i>Torta Tres Leches</i> • <i>Bienmesabe</i> - made with coconut and meringue
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Other foods

- *Guasacaca* - sauce made with avocado, cilantro, peppers, onions, and garlic. There are two varieties: green (mild) and red (hot).
- *Patacones*
- *Salpicón*
- *Tajadas* - fried plantain slices

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