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# Foods in Colombia



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# Meal Times: Desayuno



- Some Colombians don't eat breakfast due to modernizing lifestyles
  - Others eat traditional Colombian breakfasts like tamales, changua, calentao, etc.
  - This meal is relatively small, and is smaller than breakfast in the United States
  - It is eaten in the morning (usually before 11 AM)
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# Changua

- Changua is a type of soup served for breakfast that is made from milk, onions, and eggs
- It is very hearty and not something that a person would eat every day



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# Meal Times: Almuerzo



- This is the most important meal for most Colombians
  - About two hours are taken off of work to eat at home with one's family
  - It usually consists of three dishes:
    - Soup
    - The main meal (meat, rice, vegetables, fruit)
    - Small dessert and coffee
  - Traditional meals for lunch might be arroz con pollo, bistec a caballo, or arroz a tolado
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# Bistec a Caballo

- This is a common Colombian lunch consisting of steak covered in a fried egg served on top of potatoes and onions



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# Meal Times: Cena

- Dinner is a rather insignificant meal in Colombia
- It is small and is eaten late in the evening
- Many just have something like an arepa or bread with some cheese alongside coffee or hot chocolate for their dinner



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# Gastronomy

- Colombia's foods are heavily influenced by the things that grow and live there
  - For example, the cuisine there includes a lot of rice, poultry, and eggs
  - Also, almost every meal is paired with coffee
  - Other kinds of meat, such as beef, are also heavily present in the Colombian diet
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# Snacks



- Onces - onces are snacks served in the afternoon that are small bread products of cakes that are served alongside a drink, which would most likely be coffee
- Arepas - small pieces of bread that are made from ground maize (corn);
  - They are integrated into many different meals, and can be eaten at basically any time of the day
  - They may also be filled with cheese, meats, or eggs





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## Sources:

1. <http://www.uncovercolombia.com/en/item/colombian-culture-meals>
  2. <http://www.mycolombianrecipes.com/10-traditional-colombian-main-dishes-you-must-try>
  3. <http://michaelandgraciela.com/blog/the-origin-of-onces-that-colombian-afternoon-snack/>
  4. <http://thelatinkitchen.com/travel/bars/a/colombian-changua-culinary-discovery>
  5. <http://thelatinkitchen.com/r/recipe/chimichurri-bistec-caballo>
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