

# Food In El Salvador



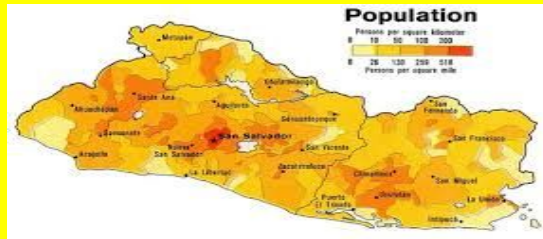
# Climate And Agriculture

The climate in El Salvador is a very rainy tropical place from May to October

They're lots of mountains and farms. Their main export crops are coffee and sugar. They also have fertile soil!! The capital is San Salvador, and their population is 6.34 million people.

Pacific Area=Hot

Mountain Area=Moderate(Average)



# Meal Times

Before I show you some of the foods, it's important to know what time you eat these different kinds of food.

Breakfast:9AM

Lunch:11:00am to 12:30pm

Dinner:5:30 to 7:00pm

You will see that street foods are cooked in between meal times so it's not like you can get food anytime, if you were in New York.

# Everyday Foods

Main dishes in El Salvador are made with Maize (Corn).

El Salvador's most significant dish is Pupusa. Pupusa is a thick corn flour, but can be made with rice flour tortilla stuffed with cheese, beans, chicharron.

One of their most popular soups is "Sopa De Pata". It is very traditional and is made from, crows feet, yuca, plantains, beans, tomatoes, cabbage, and lemon juice.

Kind of like Jamaican beef patties. El Salvador has their own called "Pasletes". The difference is that El Salvador uses fried dough, meat, pork or beef with vegetables.

# How Does The Food Look?



PUPUSA: Thick Flour

Rice Flour Tortilla (Stuffed with Cheese, beans, and chicharron)

SOPA DE PATA: Crows Feet  
Yuca, Plantains, beans,  
tomatoes, cabbage, and lemon  
juice

PASALETES: Fried Dough  
Meat, Pork, or beef with  
vegetables

# Desserts

Semita, pastelitos, and Arroz Con Leche are three desserts in El Salvador that I've found interesting.



Eggs, Pineapple Jelly or marmalade, a little bit of salt, yeast, water, flour,



Hot sauce, oil, ground beef or pork, recatio



Rice, cinnamon stick, raisins(Optional), condensed milk, vanilla, salt

# What Do They Drink

Last but not least the drinks...



Horchata: White grain rain, water, milk, white sugar, ground cinnamon, and vanilla extract



Ensalada (Fruit Salad Juice) \*Refreshing\* Pineapples, oranges, apples, lemon, mango, cantaloupe, sugar, and water



Atol De Elote: (Corn beverage) yellow corn, sugar, salt, cornstarch, and ground cinnamon



# Would You Eat The Food In El Salvador?

