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Food of Bolivia

Lunch is the main meal of the in Bolivia. It usually includes soup and a main dish. The potato is the main staple, served at most meals, sometimes with rice or noodles. Bolivian food is not often spicy, but a sauce "la llajwa" is usually available which is made with tomato and locoto (hot chilies).

Some popular food dishes are:

- Humitas - Fresh corn with cheese wrapped in corn leaves and steamed. There are some great recipes for Humitas in *The South American Table*. (See [Cookbooks](#), below.)
- Salteñas - Only eaten in the morning. A warm savory pastry that holds a juicy combination of chicken or meat, greens and sauce, and is cooked in an oven.
- Empanadas - A savory pastry containing cheese or cheese with onion, olives and locoto.
- Sandwich de Chola - Sandwich with roasted pork leg, lettuce and locoto.
- Changa de pollo o de conejo - Soup make with chicken or cuy (guinea pig), potato, peas, avas and green onion.
- Chicharron - Pieces of fried pork, cooked with chicha (see drinks below) and served with stewed corn.
- Charque de llama - Dried llama meat, fried, served with stewed corn, hard cooked eggs and cheese.
- Lechon - Roast suckling pig.

Some common Bolivian drinks:

- Chicha - Fermented corn (usually homemade) - the sacred drink of the Incas.
- Chicha de mani - Soft drink with peanut.
- Tojori - Hot thick drink made from white mashed corn.
- Beers - Taquiña, Paceña, Huari
- Wines – There are excellent wines from the Tarjina region on the frontier with Argentina.

TYPICAL FOOD AND BEVERAGES

Peru's criolla cuisine evolved through the blending of native and European cultures. A la **criolla** is the term used to describe slightly spiced dishes such as sopa a la criolla, a wholesome soup containing beef, noodles, milk and vegetables.

Throughout the extensive coastal region, seafood plays a dominant role in the Creole diet. The most famous Peruvian dish, **ceviche**, is raw fish or shrimp marinated in lemon juice and traditionally accompanied by corn and sweet potato. Other Southern American countries have their own version of ceviche, but many foreigners consider Peru's to be the best. **Corvina** is sea bass, most simply cooked a la plancha, while scallops (**conchitas**) and mussels (**choros**) might be served a lo macho, in shellfish sauce. Chupe de camarones is a thick and tasty soup of salt or freshwater shrimp.

A popular appetizer is **palta a la jardinera**, avocado stuffed with a cold vegetable salad or palta a la reina, stuffed with chicken salad. **Choclo** is corn on the cob, often sold by street vendors at lunchtime. Other Peruvian "fast food" includes **anticuchos**, shish kebabs of marinated beef heart and **picarones**, sweet lumps of deep fried batter served with molasses. For **almuerzo**, or lunch, the main meal of the day, one of four courses might be **lomo saltado**, a stir-fried beef dish, or **aji de gallina**, chicken in a creamy spiced sauce.

Peruvian sweets include **suspiro de limeña** or **manjar blanco**, both made from sweetened condensed milk or the ever-popular ice cream and cakes. There are many weird and wonderful fruits available in Peru, notably **chirimoya** (custard apple), **lúcuma**, a nut-like fruit, delicious with ice cream and **tuna**, which is actually the flesh from a type of cactus.

Peru's national drink is **pisco sour**, which consists of grape brandy, lemon, egg white and a dash of cinnamon. In many towns, the soft drink **chicha morada**, made with purple maize, is popular. Another local soft drink, **Inka Cola**, is also popular. The inexpensive beers are of high quality. Try Cusqueña, Cristal or Arequipeña. Peruvian wines can't compete with Chilean quality, but for a price, Taberero, Tacama, Ocucaje and Vista Alegre are the reliable names.

Food of Ecuador

The food in Ecuador varies substantially between the regions of the country. Ecuadorians typically eat three meals per day. The morning meal is typically a light meal, while lunch and dinner are usually a bit heavier.

Breakfast in the Andean region, including Quito, usually consists of coffee and a bread pastry. A very common breakfast (or snack throughout the day) is empanadas, which are bread dough with another ingredient (like cheese or some type of meat) rolled in the middle. The roll is then baked all together in the oven. Also common in the highlands are a kind of sweet tamales called *humitas*.

Lunch is the biggest meal of the day. It is usually the cheapest meal of the day as well because restaurants prepare the lunch, or *almuerzo*, in bulk and only offer one or two set options. Many Ecuadorians eat in restaurants for lunch. Lunch always consists of soup and a main dish. The main dish always has rice and usually is served with a meat stew. The dinner is very similar to lunch. The set dinner menu is called *merienda*.

Restaurants we recommend in Ecuador

In Quito and other larger cities, the international traveler will find all sorts of restaurants with menus from all over the world. Here are two we recommend. Both are reasonable in price and serve good local dishes.

- **Menestras del Negro** – An Ecuadorian chain that serves generous portions of hearty meat, beans and rice. The food is safe and the service is friendly. The restaurant is located in the larger Ecuadorian cities like Quito and Guayaquil.
- **Tropi Burger** – Originally a restaurant chain from Venezuela, Tropi Burger is like the Ecuadorian version of McDonalds. The food is safe and the burgers and hot dogs have an Ecuadorian flavor. Tropi Burger is found in larger Ecuadorian cities.

Colombian Food

Typical Main Meals & Dishes

Ajiaco: Chicken soup like mom used to make it. It includes chicken, two kinds of potatoes, corn, sour cream, capers, avocado and *guasca*. Guasca is a special herb that grown throughout the Americas and gives the soup its distinct flavour.

Ants: Ok, so it isn't a common food in the average Colombian's diet, but it is still a large enough phenomenon to consider. During the raining season the ants are harvested, and the queen ants are used with their large legs and wings being removed. The ants are then soaked in salty water and roasted in a ceramic pot. The tradition dates back to pre Colombian times and the harvest is done mainly by peasants living in the North-eastern corner of Colombia. The ants are often given as a wedding gift, because they are believed to be an aphrodisiac. Research shows that the ants are actually excellent sources of protein, however as popularity is growing internationally the ants are being harvested to extinction.

Arepa: The basic side to any Colombian meal. It is a bread made from cornmeal, similar to a thick pancake. It is normally eaten with an adornment of butter, although sometimes corn is added.

Arroz con Coco: It is a common side dish of the Caribbean coast of Colombia. White rice is cooked in coconut milk with water, salt and sugar.



Bandeja Paisa: A huge mixture of food on more of a platter than a plate, it consists of grilled steak, fried pork rind, chorizo sausages, on a bed of rice and red beans that is then topped with a fried egg and a side of sliced avocado and sweet banana (chips). It is arguably the national dish of Colombia.

Buñuelos: Are popular ball shaped fritters and eaten as a snack in many South American countries. The Colombian version is made with dough of curd of white cheese that get fried until golden brown. It is a typical Christmas dish in Colombia.

Changua: Breakfast in the Andean Mountains normally consists of this creamy soup made with milk, water, eggs, and scallions. The eggs are dropped into the mixture without breaking the yolks. It is served with cilantro and a piece of (stale) bread that soaks in the mixture.

Charapa: If you see Charapa on the menu in the region of Amazonia – **DON'T** order it! It is a fresh water tortoise and an endangered species!

Chunchullo: Stuffed and fried poultry or cow intestines.

Cuchuco de Trigo: Is a wheat soup from the Boyaca area which is thickened with potatoes, peas and ribs.

Empanadas: It is a stuffed pastry that can either be sweet or savory. The savory Colombian empanadas are filled with beef, chicken and/or cheese as well as with rice and coriander. Compared to the Chilean or Argentinean empanadas they are not baked but fried.

Frijoles con Garra: Is a dish from the region of Antioquia and contains red beans thickened with pigs' trotter.

Fritanga: It is a plate full of grilled meat like beef, chicken, ribs and sausages and fried cow intestines (*chunchullo*) which get served with little potatoes and *arepas* or with manioc and fried bananas.

Fruit: The diverse offer of fresh fruit in Colombia is immense and many of the different types have probably not been tried or seen by most of the people outside the tropics. You can find just in the supermarket 5 different types of mangos or 6 types of bananas. Just some of the tropical fruit you can try are: lulo, curuba, mamoncillo, uchuva, chontaduro, borojó, zapote, anon, carambolo, corozo... Enjoy!

Hogoa: This typical Colombian side dish is widely used for meats, *arepas*, rice and other dishes. It is a sauce made with onions and tomatoes partially fried.

Lechona: Is a typical dish from the Tolima area and consist of a whole roasted pig, stuffed with rice, yellow peas, green onions and spices which is cooked for ten hours in a clay oven. It is served with *arepa*. This dish is often served at parties and other large gatherings.

Morcilla Rellena: Blood sausage or blood pudding, this is a common Colombian dish that is normally served with barbecues or deep fried.

Mote de Queso con Hogo: This is a dish from the Caribbean Coast with the base of chopped yam (which looks like a sweet potato) and cheese.



Patacones: Green plantains (a type of banana that isn't so sweet) squashed into thick pancakes that are deep fried in vegetable oil until golden brown.

Puchero: Is a light soup of the region of Boyacá which contains manioc, green bananas, arracacha (mountain tubercle) and pork, beef and chicken meat. It is served with a hot sauce called *ají*, boiled egg and avocado pulp.

Quesillos: Double cream cheese wrapped in banana leaves.

Sancocho: It is a common dish in the Caribbean although ingredients do vary by region. In Colombia it includes chicken, plantains, yucca, cilantro, corn, and potatoes. Sometimes fish is used instead of chicken.

Sobrebarriga Bogotana: Is basically a flank steak Bogotá Style.

Tamales: Cooked corn dough filled with meat, chicken and vegetable wrapped in banana leaves. The Tamales Tolimenses which are famous in the Tolima region are filled with chicken, pork, rice, potatoes, carrots, peas and spices.

Viudo de Pescado: Is another dish from the Tolima area. It is a soup of river fish served with green bananas and manioc.

Desserts

Arroz con Coco: Coconut rice pudding, it can be served as a side dish or a dessert. It is made with lemon zest and cinnamon.

Manjar Blanco: Similar to *dulce de leche* (of Argentina) or *manjar* (of Chile), manjar blanco is a creamy dessert. The cooking process is more difficult than regular manjar, as you do not want to burn it, so it must be stirred and watched carefully as it cooks in a double boiler. Generally the milk and sugar mixture is also given a little extra flavour with either vanilla bean, cinnamon, or citrus juices.

Mazamorra de Maíz: This is a typical dessert in various countries in Latin America. The Colombian version is basically very well cooked white corn (for several hours) in water. It then will be sweetened with sugar cane or sugar and milk will be added.

Natilla: Custard-like pudding of sweet maizena (corn starch) instead of eggs.

Postre de Natas: Milk and condensed milk cooked with sugar, cinnamon and raisins.

Venezuela

The cuisine in Venezuela has a lot of European influences (especially Italian, Spanish and French) and is quite flavourful. But you can also find indigenous as well as African influence. As Venezuela is such a large and diverse country, each region has its own distinctive regional cooking.

On the coast you will find high quality fish, shellfish, crayfish, fish soups as well as fish stews. Try the *pargo* (red snapper) or the dorado if you have the chance. Coconut is also part of some dishes.

In the Andean region the food is quite different. Even the most famous dish the "arepa" is not made of cornmeal but wheat. Here you can find cured meats and sausages which are sold in many rural villages. You should not miss the famous fresh *trucha* (trout) dishes which come from the many Andean streams and lakes.

The food in the Amazon region varies a lot from the rest of Venezuela. Besides the main ingredients like yucca, corn, beans and bananas some people even eat turtles, tapirs, monkeys birds and deep fried ants. But you could also live on *Casabe*, bread made out of yucca, if you decide you don't want to be too daring.

Meat lovers will enjoy the *parillas* (mixed grill) in Venezuela as the quality of meat is quite high and the prices are low. You can choose between *muchacho* (roast beef), *solomo* (sirloin) and *lomito* (steak).

AREPA: It is the most famous dish from Venezuela, and is a cornmeal cake that can be grilled, baked or fried. Unlike in neighbouring Colombia where it is normally eaten unadorned, here in Venezuela it is split open and filled with a variety of cheese and meats. Arepa is a basic part of the Venezuelan diet and is eaten in place of bread in most meals. We recommend filling it with a mixture of cheese, eggs and bacon!

CACHAPA: Similar to the traditional American pancake (much thicker than an English pancake), it is made from a puree of corn, sugar, salt and oil. It is normally then folded over with a large piece of a soft white cheese inside. It is sometimes served with cream and jam. It is traditionally served with breakfast or at "once" a snack with tea. Sometimes it is accompanied by a side of fried pork. (We have yet to meet a gringo who truly enjoyed this chunk of pork)

CACHITOS DE JAMÓN: Is a snack which is very similar to the French croissant filled with chopped ham and or cheese.

CASABE: This type of bread - which is made out of Yucca is considered the oldest bread in the Americas. Rich in fibre and minerals the Venezuelans consume more than 30,000kg of casabe each year.

CHIVO AL COCO: Is a specialty at the coastal region around Coco and contains of shredded goat cooked in coconut milk. It will be served with mofongo which is fried, mashed green bananas.

EMPANADAS: The empanadas in Venezuela are deep fried, stuffed corn flour patties. Depending on the region you can even find shark, clams or other types of seafood fillings - especially in coastal regions like Margarita Island. The most typical empanadas are those filled with cheese and minced meat.

ENSALADA CAPRESE: This famous Italian dish is very popular in Venezuela as well. The caprese salad consists of tomato, mozzarella cheese and fresh basil.

GUASACACA: Is the queen of the sauces in Venezuela. It is quite spicy and will normally be served with meat, chicken, empanadas and arepas. It is made with avocado, parsley, coriander, onions, peppers and garlic.

HALLACA: There is nothing as important to Venezuelan cuisine as the hallaca. The process is incredibly laborious and involves the entire family; it is only done during the Christmas season, and generally in one go, to last the entire season. It is an incredibly social even, in which bundles of food are often exchanged between neighbours and friends. (The process is more of a competition than a gift exchange). The family forms a line starting with the filling of beef, pork, capers, raisins and olives that are then wrapped in cornmeal dough (the same dough used for arepas) and then bound with banana leaves. While generally men do not involve themselves in the cooking process, avoiding hallaca making is impossible and men are most commonly found cleaning the banana leaves and tying them together for steaming. There is always a familiar pride when it comes to hallaca making, with everyone quoting how their mother's hallacas are the best in the entire country. Perhaps there is some truth to this as no two families use the exact same recipe, and the filling sometimes differ throughout the regions. If you happen to visit Venezuela during the month of December you will be surprised to see how many generous people will gladly offer you a neatly wrapped package filled with a perfect balance of savoury and sweetness.

LENGUA DE RES: Cow tongue served in a vinaigrette

MANDOCA: It is a donut of deep fried cornmeal. It is made with papelón or sugar cane pulp, and is served with bananas or plantains usually at breakfast.

ÑOQUIS: These potato pasta is another popular dish from Italy which is prominent in the centre of Venezuela.

PABELLÓN CRIOLLO: It is a simple dish of shredded beef and black beans served on a bed of white rice. It almost always is accompanied by a fried egg (Pabellón a Caballo) or with fried plantain slices (Pabellón con Barandas) The meat is sometimes replaced by fish during lent. It is the Venezuelan national dish.

PAN DE JAMÓN: Is a typical dish that is served for Christmas. It is a long bread filled with cooked ham and raisins.

PASTA: It is said that Venezuela is the second country in the world for pasta - after Italy of course

PASTICHO: This name comes from the Italian word "pasticcio" which means lasagna.

PERICO: It is the Venezuelan Caribbean type of scrambled eggs with onions and tomatoes. It is usually be eaten at breakfast time - especially as a filling of the arepa or alone with bread.

PISCA ANDINA: This meal is a mixture of chicken stew, with diced potatoes, carrots, eggs, and pepper, and sometimes whatever else is left in the refrigerator. (Soups in general in Venezuela tend to be more lied thick stews that are cooked for hours until all the flavours melt together and the vegetables loose their form).

SOPA DE MONDONGO: It is a soup made with tripe (cow intestine and stomach) a mixture of root vegetables, cabbage and celery. Often the tripe is marinated in lemon juice or tamarind. Sometimes a beef bone is added for more flavour. It is usually consumed in the north-central regions and in the Llanos.

TAJADAS: In most of the typical meals you will be served tajadas on the side of of the dish which are fried ripened plantain slices. Sometimes they will be referred as "barandas" which is slang for guard rails.

TEQUEÑO: The classic Venezuelan party food, this bite size treats are served all throughout the country from a few friends gathered in a home to elaborate wedding cocktail hours. It is a ball of dough filled with gooey white cheese that is then fried. Apparently every true Venezuelan party has to serve those.

TOSTONES: Are also known as Patacones in Venezuela and are Plantains fried twice! Eaten as a snack or a side with many meals, it is a very common throughout the country. The plantains are fried lightly for a minute on each side, then taken out of the pan to dry once they come out of the hot oil the second time and enjoy like chips.

YO-YO: In Venezuela, a yo-yo is a traditional dish made of two short slices of fried ripened plantain placed on top of each other with local soft white cheese in the middle (in a sandwich-like fashion) and held together with toothpicks. The arrangement is dipped in beaten eggs and fried again until the cheese melts and the yo-yo acquires a deep golden hue. They are served as sides or entrees.

Desserts

BESITO DE COCO: Are popular round coconut cookies

BIEN ME SABE: This dessert which literally can be translated to "it tastes good to me" has been well known in Venezuela since the colonial times. It is a sponge cake bathed in liquor and layered with coconut cream filling and topped with meringue

CANNOLI: Cannoli siciliano is a pastry tube filled with ricotta cheese and honey or chocolate.

DULCE DE LECHE: Is found in all of South America. The version in Venezuela is also called *arequipe* and is mainly produced in the northern town of Coro. You can find the pure variety of dulce de leche or the version with chocolate. It is basically sweetened milk that has been carefully cooked until you receive a brown jam that tastes a little bit like caramel. An easy way of preparing it is to cook sweetened condense milk for a couple of hours.

DULCE DE LECHOZA: This is a typical dessert served on Christmas. It is made of green papaya and brown sugar which is slowly cooked for hours and is served cold.

QUESILLO: Similar to flan, it is made with egg yolks and syrup. Contrary to the name, there is no cheese. Be careful though, outside of Venezuela the same name refers to a cheese dish rather than a dessert.

BATIDO: This fruit juice which is thick in texture and made with more fruit than water. Great on a hot day!

CHICHA: Like in most of the Andean countries this fermented beverage is also very popular in Venezuela. It is made with boiled rice, milk and sugar. You can buy it from street vendors as refreshing, sweet drinks in many cities. In the Andean regions around Merida they add fermented pineapples which is then is known as Chicha Andina.

COCADA: This is a milkshake made out of coconut milk. You can find this drink mainly at coast.

FRESCOLITA: Is a very popular, red soft drink in Venezuela, similar to cream sodas in the USA.

MERENGADA: Is another refreshing drink which is made with fruit, ice, milk and sugar.

PAPELÓN CON LIMÓN: This refreshing drink is sweet and sour made from raw sugar can pulp, water and lime juice. It is a great way to cool down on a hot summer day.

PONCHE CREMA: Served mainly at Christmas, it is a cream based liquor involving milk, eggs, sugar rum, nutmeg and vanilla. It is normally made with homemade special recipes, although you can also find a version bottled and sold in supermarkets.

RUM: Most of the rum in Venezuela is a light rum (minimum 40 ABV) with a clean taste. The Venezuelans drink it either on ice, mixed with coke (Cuba libre) or in other cocktails.

WINE: Wine is produced in Carora since 1990, which is in the Lara State, but most Venezuelans prefer a cold beer or iced rum.

Paraguayan gastronomy - Food and recipes

The Paraguayan kitchen, as is the case in all cultural expressions, has a strong indigenous roots, although the eating habits of Paraguayans became much more open since colonization, and cooking standards now come European origins, as well as the rest of the countries of the world, in modern times.

The bases for Paraguayan gastronomy are found in two main staples of indigenous origin: **cassava** (a tuber with generous roots, also known as *mandioca* or *yuca*) and **corn** (American grain), from which a variety of products are made for consumption in varying forms.

Cassava processing gives us *fariña* (a type of flour), *typyraty* and *almidón*, three very distinct products, used in different dishes. The presence of cassava at the Paraguayan dinner table spans a variety of presentations, from the root boiled in salt as a side dish, to the exquisite **chipá**, traditional bread kneaded with cassava starch, milk, cheese and eggs, which is the focal point of some festivities such as Holy Week.

Also, corn takes various shapes, from sweet kernels in the delicious **chipá guasú** to corn flour used in dishes as diverse as Paraguayan soup—the world's only known solid soup—or **borí borí**, a thick broth to which balls of corn and cheese are added.



Other basic elements of the oldest Paraguayan kitchen are **yams, beans, squash, peanuts and coconuts, as well as fowl and wild game**. In modern times, we can add to the list:

beef, absolute king among Sunday barbeques; and in smaller quantities, pork, chicken and fish; and in even smaller amounts, meat from other animals, such as lamb.

Typical Paraguayan foods cover a wide variety which includes some old-fashioned dishes like **mbeyú**, a delicious omelet with cassava starch, drizzled with cheese, and puchero, a traditional stew, of obvious Spanish origin. From the extensive list, we can extract dishes with such names as **jopara**, **reviro**, **locro**, **arró quesú** (Paraguayan-style rice with cheese), **lambreado**, **pastel mandi'o**, **payaguá mascada**, **chicharö** (cracklings), **so'o yosopy**, **caldo avá**, and the clearly Paraguayan-adapted **bife koyguá**, a succulent and juicy beef cut with onions and fried eggs. **Quesú paraguái**, cheese made by Paraguayan artisans from the countryside, adds a special touch to many recipes.



Among the typical desserts we can mention **kaguyjy** (mazamorra, a traditional sweet dish made from crushed corn, sugar and honey), **kivevé**, sweet polenta made with corn flour and pumpkin; **koserevá**, a dessert prepared with citrus fruits such as the sour orange; **ka'i ladrillo**, a sweet made with peanuts, cut into small cubes that remind one of bricks; dulce de mamón, a dessert made from the genip; and **arró kamby**, a local version of European rice pudding.

Finally, **mate** cannot be forgotten, the infallible infusion and ritual that Paraguayans consume everyday, with its stimulating abilities which come from the gourd flask in which one puts the **yerba mate** (*Ylex paraguayensis*) and then adds hot water, then sucks through a metal straw. The flavor and the goodness of the mate can improve one's well-being with medicinal herbs. The variants of mate are **mate cocido (boiled mate)**, that is drunk from a cup and can be mixed with milk, and **teteré**, which is consumed cold, and is a refreshing drink for long and hot Paraguayan summers.



Typical Paraguayan foods, which until recently were enjoyed almost exclusively in the home—restaurants offered only a few dishes such as Paraguayan soup and chipá guasú—, in the last few years inspired the opening of specialized stores, where one can enjoy a Paraguayan lunch or dinner from appetizers to dessert, in an accordingly decorated ambience, with the best artisanship in the country.

Typical Chilean Food



Being such a long country stretched over a variety of landscapes, Chile has a vast range of food and drink.

One of the highlights of Chilean Cuisine is its diversity of Seafood due to its 4,270 km (2,647 miles) of coastline. Another thing not to be missed while in Chile is its high quality red wine.

Chilean food should not be confused with the spicy dishes common in Mexico. Unlike Mexican meals, the hot chili is not too frequent in Chile.

Check out the [Chilean Food Tips](#) on our Blog and feel free to leave comments.

Typical Chilean Dishes

Here is a list of typical Chilean Food and Drink and what their equivalent is in English:



Empanadas de Queso

Empanada de Pino - typical turnover filled with diced meat, onions, olive, raisins and a piece of hard-boiled egg, baked in earthen or plain oven.

Empanada de Queso - typical turnover filled with cheese.

Pastel de Choclo - a typical Chilean summer dish. Ground corn and meat, chopped onions small pieces of chicken, pieces of hard boiled egg, olive raisins - baked in clay or regular oven. Similar to a shepherd pie.

Arrollado de Chanco - Chunks of pork wrapped in pork fat smothered in red ají (chili).

Bistec a lo pobre - beefsteak, French fries, fried onions, topped with a couple of fried eggs. (Photo late in the page)

Carbonada - meat soup with finely diced beef and all kinds of vegetables such as potatoes, onions, carrots, broccoli, green pepper and parsley.

Chanco en Piedra - a typical Chilean seasoning. Tomatoes, garlic, and onions ground together in a stone.

Charquican - ground or diced meat cooked with garlic, onions, potatoes and pumpkin all mashed. It is a mushy dish but great.

Cazuela de Ave - chicken soup with pieces of meat, potatoes, green beans or peas, rice or noodles.

Cazuela de Vacuno - beef soup with pieces of meat, potatoes, corn on the cob, carrots, onions, green beans, garlic, chunks of pumpkin, rice or noodles.

Costillar de Chanco - baked spare (pork) ribs.



Curanto en Hoyo - a typical dish from the south of Chile. Traditionally prepared by heating fish, seafood, potatoes, some meat, *milcaos* and types of bread over red hot rocks in a hole in the ground. The food is wrapped in big leaves and then covered with dirt so that it slowly cooks over a number of hours. (Similar to a *hangi* in New Zealand)

Curanto en Olla - same ingredients as the *curanto en hoyo* only that it is cooked in a pot instead of under the ground.

Ensalada a la Chilena - sliced tomatoes and onions with an oil dressing.

Humitas - boiled corn leaf rolls filled with seasoned ground corn.

Milcaos - grated raw potato squeezed until dry then added to minced cooked potatoes and flattened to a bread-like form then baked or fried. This is one of the ingredients that can be found in a typical *curanto*.

Palta Reina - avocado filled with tuna fish or ham covered with mayonnaise and served on lettuce leaves.

Parrillada - different kinds of meat, sausages and sometimes entrails grilled over charcoal and served with potato salad or rice.

Pebre - seasoning of tomatoes with chopped onion, chili, coriander, and chives. Usually served in a little clay dish.

Pernil - boiled whole hock (ham).

Porotos Granados - fresh bean dish with ground corn and pieces of pumpkin served hot.

Prietas - Blood sausages.

Sopaipilla - a flat circular deep fried 'bread' made of pumpkin and flour.



Bistec (Bife) a lo pobre

Chilean Seafood

Almejas con Limón - raw clams with lemon juice.

Caldillo de Congrio - conger-eel soup with onions, potatoes and carrots.

Ceviche - minced raw sea bass in lemon juice.

Congrio Frito - deep-fried conger eel.

Chupe de Locos - abalone bread pudding.

Empanada de Mariscos - turnovers filled with chopped seafood onions and seasoning.

Machas a la Parmesana - parmesan cheese raisor clams.

Mariscal - cold soup with all kinds of raw seafood.

Ostiones a la Parmesana - scallops on the shells in melted butter and covered with grilled Parmesan cheese.

Piure - Sea Squirts that are a dark red colour and with a very distinct strong flavour. Often eaten with diced onion, coriander and lemon. Best eaten near Chiloé.



Machas a la Parmesana with lemon and Pebre

Chilean Sandwiches

Aliado - ham and cheese sandwich.

Ave Mayo - diced chicken meat and mayonnaise.

Ave Palta - diced chicken meat and mashed avocado.

Ave Pimienta - diced chicken meat and red pepper.

Barros Jarpa - grilled cheese and ham on white bun.

Barros Luco - grilled cheese and meat on white bread.

Chacarero - sliced meat, green beans, chili and tomatoes.

Churrasco - beef sandwich.

Churrasco con Tomate - thin sliced meat and slices of tomato on white bun.

Churrasco con Palta - thin sliced meat, mashed avocado on white bun.

Completo - hot dog with all kinds of trimmings: mayonnaise, tomatoes, onions, dilled pickles sauerkraut, etc.

Especial - hot dog with tomatoes.

Italiano - hot dog with avocado, tomatoes and mayonnaise.

Hamburguesa - hamburger patty. It isn't always served between buns.

Lomito Completo - sliced pork meat with sauerkraut, mustard, mayonnaise, ketchup.

Pan Amasado - homemade bread.

Typical Chilean Desserts (and sweet things)

Manjar - a brown spread or cake filling made from boiled milk and sugar. Some visitors say it tastes like caramel. Manjar is quite sweet and is used in many cakes and sweet dishes.

Mote con Huesillo - cooked dried peaches and stewed corn served as a drink

Papaya con Crema - papaya preserves with whipped cream.

Bavarois de Lucuma - bavarois (type of custard) of a variety of eggfruit

Alfajor - a flat round pastry filled with *manjar* and covered in Chocolate

Berlin - a round donut filled with *manjar* or jam / jelly

Kuchen - a German fruit flan often found in the South of Chile

Argentina Food Guide

Argentina is highly influenced by Europe, and reflects this in its cuisine. In general you will find that the food here is generally a variation of Mediterranean cooking, with a large emphasis on the products that are easily grown in the area, namely beef cattle and wheat.

Some of the world's best beef comes from Argentina. The country is famous for its grass fed cattle and the gauchos who work the open range raising these animals. The meat is normally eaten with very little seasoning, using only salt to bring out the flavor of the beef. All parts of the cow are eaten, nothing going to waste. The most traditional way to eat meat in Argentina is the *asado*, or barbecue. Beef however is not the only meat here. It is common to have an entire body of a lamb cooked over the outdoor camp fire.

Chorizo: A spicy sausage usually made from pork. A barbecue without chorizo to begin with is not a barbecue in Argentina. Blood sausages are also common.

Empanadas: Small pies filled with all types of filling, although ham, cheese and meat are the most popular. It is best to ask how big they are before ordering since in general Argentinean empanadas are smaller than those of other countries so that eating 6 or 7 in one sitting is not unheard of. During the week before Easter special empanadas are filled with tuna or cod.

Milanesas: Thin breaded meat, similar to a German schnitzel. Often served in sandwich form at fast food restaurants. It is a common lunch time meal.

Pizza: It is made with thick dough, unlike that found in Italy. Everywhere you go in Argentina there is pizza from the most elegant restaurants to street vendors. You can even buy it by the meter!

Fogaza: similar to Italian focaccia, but often served with cheese. Delicious!

Pasta Pasta Pasta: Argentineans eat enormous amounts of pasta, which is normally served with a large amount of sauce. Pesto, Cream and Red Meat sauces are the most common, although some of the nicer restaurants tend to experiment with newer versions.

Provaleta: A large amount of fried melted cheese served with a lot of oregano. Yum!

Fish: Although Argentina has a large coastline, fish is not a very large part of the diet.

Desserts

Dulce de leche: This is made from boiling condensed milk until it becomes a thick caramel paste. To say that is a favorite among Argentineans would be a huge

understatement. It is eaten at almost every meal of the day and for snacks in between. One of the favorite preparations is with alfajores, two short bread cookies with dulce de leche in the middle and dipped in chocolate. We have no idea how they haven't all died from sugar shock.

Ice cream: One of the greatest parts about the Italian influence is the rich gelato that is all over Argentina. Tourists will be happy to know that the flavors has less fat than traditional American ice cream, so you can guiltlessly taste your way through the country!

Chocolate: Although it isn't of Swiss or Belgian quality, there is some very good chocolate produced in Argentina. The ski town of [Bariloche](#) produces some of the best. The entire town is filled with chocolate shops. Blissful!

Argentina Drink Guide

Mate: This is one of Argentina's national obsessions. It is a type of non-alcoholic infusion of Yerba Mate leaves steeped in hot water (much like making a tea) and drunk through a filtered straw.

Every where you go, no matter what the time of year or what is happening around you, you will see Argentines carry around their large thermos full of hot water, ready to fill their special cup or mug. It is considered a very social drink, often shared between close friends and the ritual involved is very welcoming. While many locals drink it without sugar, we don't recommend it, at least try adding orange peel to cut the bitterness. In one traveler's humble opinion it tastes like grass though I (Rob) personally like it... and I guess millions of Argentines can't be wrong either.

Beer: The most common beer is Quilmes (you've probably seen the name on many of the football club shirts) and you will see light blue bottles of this pale lager everywhere you go. In Patagonia, in the southern part of Argentina, there are some great microbreweries with fierce competition between them to produce better and better beers. Both Oktoberfest and St. Patrick's Day are celebrated in Argentina, more because of marketing by beer companies than for any other reason.

Wine: Malbec is one of the best wines found in Argentina and some good wine is produced in the [Mendoza](#) region. Interestingly Argentina is the fifth largest producer of wine in the world that almost all of it is consumed within the country.

Popular food in Uruguay: the basics

When it comes to popular food in Uruguay there are some basics that have to be at the top of the list. We need to start by the asado, without any doubt the most popular food in Uruguay. Asado could be closely followed in the list by chivitos and milanesas, both of them very popular and a traditional component of the Uruguayan cuisine. Then, we can also find the pascualina and the puchero: both of them made with vegetables and often present in the table of Uruguayan families.

Popular food in Uruguay: milanesas

Basically, milanesas are meat covered with egg and breadcrumbs which are fried. This can be found in other parts of the world, but in Uruguay we have some interesting variations which have become very popular. One of these variations is the milanesa napolitana: a milanesa with ham, tomato and mozzarella cheese on top. Other popular way to eat milanesas is "al pan": A milanesa sandwich which usually has tomato, lettuce and mayonnaise.



Milanesa napolitana completa with salads

Popular food in Uruguay: chivitos

Chivitos, and chivitos canadienses, are not only a popular food in Uruguay but also often are the favorite Uruguayan food for many tourists who visit the country. Chivitos usually consist on a cow meat sandwich with lettuce, tomato, ham, mozzarella cheese, and mayonnaise; while chivitos canadienses are the same as chivitos but with several other ingredients such as onions, egg, olives, pickles, sweet belly pepper, and bacon. Chivitos can also be eaten "al plato", this is on a dish and without the bread.

Popular food in Uruguay: puchero and pascualina

Puchero is a tradition in Uruguayan winters. This dish is very popular in Uruguay, especially in winter since it can be great for fighting against cold. It is made by cooking in water many different vegetables, such as potatoes, sweet potatoes, carrots, spinach, squash, and corn, along with a piece of cow meat or chorizos, and then using that water for a soup. Pascualina, other popular food in Uruguay, basically consists on a pie filled with chard and eggs, although its preparation is a bit more complex than that.



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Uruguay : Food and Drink



Cattle being the mainstay of Uruguay's economy, beef forms an important part of Uruguayan cuisine. **Churrasco**—grilled steak—is the national dish. **Parallida**—beef platter—is considered to be equally important.

Mate tea is an herbal concoction, which is the traditional drink of Uruguay. Sharing mate is considered to be an act of friendship and acceptance. Uruguayans also have a sweet tooth and are often found gorging on **chaja**, i.e., sponge cake filled with jam and cream.

