

📌 TRADITIONAL CUISINE IN SPANISH-SPEAKING COUNTRIES

- 1. Argentina – *Asado***
Grilled meats cooked over an open fire, often shared at family gatherings or celebrations.
- 2. Bolivia – *Salteñas***
Baked savory pastries filled with meat, potatoes, and a slightly sweet, juicy broth.
- 3. Chile – *Pastel de choclo***
A baked dish made with ground corn, meat, chicken, onions, olives, and eggs.
- 4. Colombia – *Bandeja paisa***
A large platter with beans, rice, meat, egg, avocado, and plantain—very filling!
- 5. Costa Rica – *Gallo pinto***
A traditional breakfast of rice and beans cooked with spices and served with eggs or tortillas.
- 6. Cuba – *Ropa vieja***
Shredded beef cooked in tomato sauce with peppers, onions, and spices.
- 7. Dominican Republic – *La bandera***
A meal of rice, beans, and meat, considered the “flag” dish of the country.
- 8. Ecuador – *Encebollado***
A fish soup with onions, yuca, and spices, often eaten as a hangover cure.
- 9. El Salvador – *Pupusas***
Thick corn tortillas stuffed with cheese, beans, or meat.
- 10. Guatemala – *Pepián***
A rich stew made with meat, vegetables, and roasted spices.
- 11. Honduras – *Baleadas***
Flour tortillas filled with beans, cheese, and cream.
- 12. Mexico – *Tacos***
Corn or flour tortillas filled with meat, vegetables, and toppings like salsa and cilantro.
- 13. Nicaragua – *Gallo pinto***
Rice and beans mixed together, often eaten with eggs or plantains.
- 14. Panama – *Sancocho***
A hearty chicken soup with vegetables and herbs.



Adult -Cooking Up Spanish: A Taste of Spanish Through Food

Cocinando en español: Un recorrido por el idioma a través de la comida. Day 2

15. Paraguay – *Sopa paraguaya*

A savory cornbread made with cheese and onions (despite the name, it is solid).

16. Peru – *Ceviche*

Fresh raw fish marinated in lime juice, onions, and chili peppers.

17. Spain – *Paella*

A rice dish cooked with seafood, chicken, or vegetables, flavored with saffron.

18. Uruguay – *Chivito*

A large sandwich with beef, ham, cheese, egg, and vegetables.

19. Venezuela – *Arepas*

Cornmeal patties stuffed with cheese, meat, or beans.

20. Puerto Rico – *Mofongo*

Mashed fried plantains mixed with garlic, pork, or seafood.

21. Equatorial Guinea – *Pepesup*

A spicy fish soup with herbs and peppers, influenced by West African cuisine.