

Latin-American Dishes

Made by Viktor MYP1



Gallo pinto

Gallo Pinto is originally from



or



- It is uncertain and disputed which country is the precise origin of the dish.
- Both Costa Rica and Nicaragua claim it.
- Some basic information:

The beans in gallo pinto are quickly cooked until the juice is almost consumed, then combined with prepared rice and other ingredients such as cooked bell peppers, chopped onions, and garlic.



Forms and variations of Gallo Pinto

In the Americas, there are many dishes with a base of beans and rice, which vary in their cooking and additional ingredients. Variations exist regionally, as cultures shape the dishes to their own preferences. In countries near or in the Caribbean, these dishes are simply known as rice and beans, in which the dish is cooked in coconut milk. Variations of gallo pinto are the following:

- Brazil: *feijão*
- Chile: *arroz con porotos*
- Colombia: *calentao*
- Archipelago of San Andrés, Providencia and Santa Catalina: rice and beans
- Costa Rica: *gallo pinto*; there are three main variations:
 - Valle Central: *gallo pinto* is more moist, less greasy and is seasoned with chili, cilantro and onions. One variant includes Lizano sauce, an English sauce that was created and patented for the first time in Costa Rica by Prospero Lizano in 1920 with native ingredients and is a version of the Worcestershire sauce
 - Guanacaste: with a more fatty and roasted *gallo pinto*; made with red beans
 - Caribbean Coast (Puerto Limón and Puerto Viejo): rice and beans in which rice and beans are cooked with coconut milk and habanero chili (locally known as Panamanian chili) is added.
- Cuba: There are two main variations:
 - *Moros y cristianos*: also known as *moros*. It is made with black beans. If made with red beans, it would be considered *congrits*.
 - *Congris*: made with red beans, its preparation is different from that of *gallo pinto*, since the beans are cooked first with onion, green chili, garlic, tomato, bay leaf, cumin and oregano, salt, and dry wine; before they soften completely, the raw rice is added, letting them cook together, until they consume the broth and the rice is dry and loose. The beans are also prepared in their broth with the rice separate.
- Dominican Republic: *more*, made with pigeon beans, similar to Panama and Puerto Rico dishes
- El Salvador: *casamiento*; despite not having a Caribbean coast, this dish is very typical in El Salvador;
- Guatemala: *casado*; regionally known as *gallo pinto* and *rice and beans*
 - On the Caribbean coast and parts of eastern or eastern Guatemala (*tzabai*): it is known as *rice and beans* and it includes coconut milk.
- Honduras: *casamiento*
 - Caribbean coast: *rice and beans*
- Jamaica: *rice and peas*
- Mexico: *papote*, *rice and beans*
- Nicaragua: *gallo pinto*; made mainly with red beans. In addition, vegetable oil is used for cooking (includes onions). It should be added that in the Nicaraguan Caribbean Coast, as in other countries, it is called "rice and beans" (rice and beans) and is made with coconut milk. The *Gallo Pinto* can be eaten in Nicaragua at any time and is the main companion of the different dishes sold in a *tienda* (food stall).
- Panama: *gallopinto*
 - Caribbean coast (Colón, Bocas del Toro): known as *rice and beans*, and prepared with coconut milk, like in the Dominican Republic.
- Peru: There are two main variations:
 - *chirimito*
 - *tracurico*
- Puerto Rico: *arroz junto* and *arroz con gandules*; made with red beans or pigeon beans, and prepared with meat all in same pot.
- Trinidad & Tobago: *rice and peas*
- Venezuela: These dishes may include fried plantains called "*tapadas*" as it is commonly found in many Venezuelan dishes:
 - *Pabellón Criollo*: Made with rice, beans or refried black beans and well seasoned shredded beef. It is then surrounded by slices of ripe fried plantain. The plantain give the name "*Pabellón con barandas*".
 - *Arroz con Casacaos*: When *Pabellón Criollo* omits the fried plantains, it has a different name. It is colloquially known as "poor man's lunch" since it is more common in low-income families. However, it can be made and enjoyed by whomever. Fried eggs can also be included.
 - *Paisa A Pique Llenero*: Made with rice, brown beans and well seasoned shredded beef, chicken and pork. It is surrounded by slices of ripe plantain and pieces of potatoes. Some areas like *Barrinas*, *Aguiré* or *Bolívar* add green plantains.

As you can see, there are a lot of them.

Pupusa

Pupusa : A salvadorian dish, if not variated, in such ingredients:

Made from masa dough, the base for tortillas, tamales and other Latin cooking staples, pupusas are thick corn cakes filled with a variety of ingredients such as pork, chicken, cheese or beans. For certain, they are always served with curtido, a wonderfully crunchy and tangy cabbage slaw, and a simple red salsa.

Pupusas have been linked to the Pipil tribes who inhabited the territory now known as El Salvador.



Making pupusas in Las Chinamas, El Salvador

[Herminia Lopez](#) · Oct 2017

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Forms and variations of Pupusas

Usually, the principal types of pupusas are:

- cheese (pupusa de queso)
- refried beans (pupusa de frijoles refritos)
- beans and cheese (pupusa de frijoles and queso)
- with “loroco” (pupusa con loroco),
- very finely ground pork (chicharron),
- and a mixture of beans, cheese, and pork (pupusa revuelta)



Tamales

Tamales, a mexican dish, made from:

- Masa or dough (starchy, and usually corn-based), which is steamed in a corn husk or banana leaf.
- The wrapping can either be discarded prior to eating or used as a plate. Tamales can be filled with meats, cheeses, fruits, vegetables, chilies or any preparation according to taste, and both the filling and the cooking liquid may be seasoned.



Forms and variations of Tamales

Wow, okay, I didn't know this:

Basically, it's hard to describe, because,

- “Each region and state has certain types of tamales, so many that the variety is estimated at between 500 and 5,000 throughout the country.”

But, here are some popular (and tasty of course) ones:

- Fried **Pork Tamales**. ...
- Portobello and Polenta Tamales. ...
- Steamed **Pork Tamales**. ...
- Burnt Strawberry Tamales. ...
- Little **Pork Tamales** with Red Chile Sauce. ...
- **Chicken Tamales** with **Tomatillo-Cilantro Salsa**. ...
- Crispy Baked **Pork Tamale**. ...
- Quick **Chicken**-and-Cheese Tamales.

Tamales' cultural background

Tamales originated in Mesoamerica as early as 8000 to 5000 BC.

- The preparation of tamales is likely to have spread from the indigenous culture in Mexico and Guatemala to the rest of Latin America.
- According to archaeologists Karl Taube, William Saturn and David Stuart, tamales may date from the year 100 AD. They found pictorial references in the Mural of San Bartolo, in Petén, Guatemala.
- The Aztec and Maya civilizations, as well as the Olmec and Toltec before them, used tamales as easily portable food, for hunting trips, and for traveling large distances, as well as supporting their armies.
- Tamales were also considered sacred as it is the food of the gods. Aztec, Maya, Olmeca, and Tolteca all considered themselves to be people of corn and so tamales played a large part in their rituals and festivals.



Is there anything I left out?

Please, let me know now.

Do you have any questions?

Are you hungry too???

I am.

Enjoy your fantastic Latin-American food!!!

(for those who are at home and have a flexible menu)



Thank you for
listening,
I hope you liked it,

Made in 2021 (MYP1 class), Viktor Izák

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