

**South American recipes** (remember Brasil, Suriname and French Guianana don't speak Spanish)

- <http://southamericanfood.about.com/od/exploresouthamericanfood/>
- [http://allrecipes.com/Recipes/World-Cuisine/Latin-American/South-American/Main.aspx?evt19=1&src=hr\\_browsedeeper&soid=hr\\_coll\\_3](http://allrecipes.com/Recipes/World-Cuisine/Latin-American/South-American/Main.aspx?evt19=1&src=hr_browsedeeper&soid=hr_coll_3)

**Central America /Caribbean Recipes**

- [http://gocentralamerica.about.com/od/restaurantsrecipes/tp/Central-America\\_Food-and-Drink.htm](http://gocentralamerica.about.com/od/restaurantsrecipes/tp/Central-America_Food-and-Drink.htm)
- [http://allrecipes.com/Recipes/World-Cuisine/Latin-American/Main.aspx?evt19=1&src=hn\\_parent](http://allrecipes.com/Recipes/World-Cuisine/Latin-American/Main.aspx?evt19=1&src=hn_parent)

**Spain Recipes**

- <http://allrecipes.com/recipes/world-cuisine/european/spanish/>
- <http://allrecipes.com/recipes/world-cuisine/european/spanish/>

<b>Dish</b>	<b>Description</b>	<b>Country</b>	<b>Region</b>
Ajiaco	Chicken soup	Colombia	South America
Albondigas	Meatballs	SPAIN	SPAIN
Almojabanas	Cheese bread	Colombia	South America
Almond cake (DESSERT)	Almond cake	SPAIN	SPAIN
Anafres	Bean and cheese appetizer	Honduras	Central America/Caribbean
Arepas	Corn cakes like a thick tortilla	Argentina	South America
Arroz con Almendras y pasas	Rice w/almonds and grapes	Dominican Republic	Caribbean
Arroz con coco	Coconut rice	Colombia	South America
Arroz con gandules	Rice and peas	Puerto Rico	Caribbean
Arroz con leche (DESSERT)	Rice pudding	SPAIN	SPAIN
Arroz con pollo	Chicken and rice	Most Central American Countries	Spain, Central/South America/Caribbean
Asopao	Chicken & rice stew	Dominican Republic/Puerto Rico	Caribbean
Basque cake (DESSERT)	Almond cake	SPAIN	SPAIN
Batidos/Jugos Frescos: Freshly blended fruit juices w/regional fruits (pineapple, mango, papaya) Mix fresh fruit, sugar (to taste), and water in blender	Fruit puree drinks	All Latinamerican countries	Central America/Caribbean
Bizcoco Dominicano (dessert)	Citrus Cake	Dominican Republic	Caribbean
Bocadillo de jamón (serrano)	Spanish ham sándwich	SPAIN	SPAIN
Bolicho	Cuban roast beef	Cuba	Caribbean
Boniato con mojo	Sweet White corn w/garlic citrus sauce	Cuba	Caribbean
Boudin de pasas con coco (dessert)	Coconut bread pudding	Puerto Rico	Central America/Caribbean
Breakfast custard (Sweet)	Custard	Puerto Rico, Spain	Central America/Caribbean

<u>Dish</u>	<u>Description</u>	<u>Country</u>	<u>Region</u>
Buñuelos (DESSERT)	Fried dough ball	Various Central/South American Countries	Central/South America
Ceviche	Marinated fish/seafood stew	Central and South American Coastal Countries	Central/South America
Colombian Coca Cola Rice	Rice with coca cola, onions & raisins	Colombia	South America
Cuban Sandwich	Pulled pork, ham, cheese, mustard & Pickles	Cuba	Caribbean
Chapaleles	Fried mashed potato cakes w/pork rinds	Chile	South America
Chicken in Coconut sauce	Chicken w/coconut sauce	Colombia	South America
Chiles rellenos	Stuffed chili peppers	Most Central American countries	Central America/Caribbean
Chiropan	Chorizo sausage sandwich	Chile	South America
Churros (dessert)	Fried dough w/cinnamon & sugar	Mexico, Spain	Central America/Caribbean
Dobladitas	Bread	Chile	South America
Dulce de leche (dessert)	Caramel type pudding	Most Central and South American Countries	Central/South America
Elotes	Corn w/condiments like cheese, sour cream, mayo, etc.	Mexico, Guatemala y many of the others	Central America/Caribbean
Empanadas	Meat pie (like a calzone/turnover)	Central / South American Countries	Central/South America
Enchiladas	Tortillas stuffed w/meat or cheese & veggies roasted in a red/green sauce	Most Central and South American Countries	Central/South America/Caribbean
Ensalada Chilena	Salad	Chile	South America
Ensalada mixta a la española	Mixed Green salad w/eggs & tuna	SPAIN	SPAIN
Flan (dessert)	Custard	SPAIN	SPAIN
Flautas	Fried tortilla stuffed w/meat/cheese	Mexico	Central America/Caribbean
Gallo pinto	Red beans and rice	Costa Rica, Nicaragua	Central America/Caribbean
Gazpacho	Cold tomato soup	SPAIN	SPAIN
Guacamole	Smashed avocado dip	Most Central American Countries	Central America/Caribbean
Hallullas	biscuit	Chile	South America
Horchata (drink)	Vanilla & Cinnamon rice drink	Mexico	Central America/Caribbean
Jibarito	Sandwich made w/fried plantains instead of bread	Puerto Rico	Central America/Caribbean
Llapingachos	Fried potato cakes	Ecuador	South America
Mangú	Smashed plantains	Dominican Republic	Caribbean
Mate (drink)	Tea drink	Argentina, Uruguay	South America
Mexican hot chocolate (drink)	Drink	Mexico	Central America/Caribbean

<b><u>Dish</u></b>	<b><u>Description</u></b>	<b><u>Country</u></b>	<b><u>Region</u></b>
Mofongo	Mashed/fried plantains w/crushed pork rinds/baocn	Puerto Rico, Dominican Republic	Central America/Carribbean
Montecados (DESSERT)	Almond shortbread cookie	SPAIN	SPAIN
Morir Soñando (drink)	Orange and milk drink	Dominican Republic	Carribbean
Moro de grandules con coco	Rice, peas and coconut	Dominican Republic	Carribbean
Moros y Christianos	Blackbeans and Rice	Cuba	Carribbean
Natilla (DESSERT)	Milk & egg custard	SPAIN	SPAIN
Paella	Seafood, chicken, & chorizo rice	SPAIN	SPAIN
Pan de coco (dessert)	Coconut bread	Dominican Republic	Carribbean
Papas Choreadas	Potatoes and cheese sauce	Colombia	South America
Patatas bravas	Fried potatoes w/tomato or aoli sauce	SPAIN	SPAIN
Pionono (dessert)	Carmel jellyroll cake	Venezuela	South America
Pipirrana	Tomato, pepper, onion salad	SPAIN	SPAIN
Porritos	Squash and bean stew	Chile	South America
Pupusas	Thick tortilla stuffed w/meat, beans &/cheese	El Salvador	Central America/Carribbean
Quinoa	Grain like rice, can be mixed with many ingredients like couscous	Andean countries	South America
Ropa Vieja	Shredded stewed beef in tomato sauce	Carribbean/Central America	Carribbean
Salpicón (drink)	Fruit drink (sometimes w/icecream)	Colombia	South America
Salsa	Tomato salsa	Most Central American Countries	Central America/Carribbean
Sopapillas (dessert)	Fried tortillas w/cinnamon & sugar	Mexico	Central America/Carribbean
Tamales	Steamed masa w/meat /or veggies	Most Latin American Countries	South America
Tequeños	Fried cheese	Venezuela	South America
Tizana (drink)	Fruit drink	Venezuela	South America
Torta de Choclo	Corn soufflé cake	Colombia	South America
Tortilla española	Spanish egg and potato omlette/torte	SPAIN	SPAIN
Tostones	Twice fried plantains	Central/South America/ Carribbean	Central/South America/ Carribbean
Tres leches cake (dessert)	Three milk cake	Central/South America/ Carribbean	Central/South America/ Carribbean