

## Costa Rican Typical Food

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### 1. Read the text and underline or highlight all the ingredients mentioned in the text

Gallo Pinto consist of rice and beans and is usually served with scrambled eggs or fried eggs with sour cream and cheese ,For lunch, the traditional meal is called a Casado which means literally “married man” There will usually be some type of meat (beef, fish, pork chop, or chicken) and a salad to round out the dish. There may also be some extras like fried Plantain (*patacones* or *maduro*), a slice of white cheese, and/or corn tortillas in accompaniment.

### 2. Read the text and answer the questions

Bocas, or Boquitas, are Costa Rican style appetizers, usually consisting of a small snack item or portion of a dish typically served at a main meal.These are available at most bars, taverns, and at large gatherings and parties.Patacones are a typical *boquita*, along with gallos, or small *Tico* style tacos consisting of beef, chicken, or *arracache* inside a warm corn tortilla.

#### a) Where are boquitas served

- a) \_\_\_\_\_
- b) \_\_\_\_\_
- c) \_\_\_\_\_

#### b) What's Bocas or Boquitas usually made of?

- a) \_\_\_\_\_
- b) \_\_\_\_\_
- c) \_\_\_\_\_

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### Read the text and underline the ingredients

Ceviche, sometimes spelled seviche, is a dish made up of raw fish and seafood that can include octopus, shrimp, shellfish, tilapia, dorado, dolphin and sea bass. The raw seafood is soaked in lemon juice, which "cooks" it by breaking down proteins. It is then mixed with seasonings such as coriander, onion, garlic, cilantro, and chiles.

### Read the text

Chicharrón is fried, crispy pork, popular in bars and with locals. Chifrijo, a dish that has become popular since the 1990s, earned its name from its combination of the two foods "chicharrón" and "frijoles". Accompanied with rice and *pico de gallo*, a fresh salsa, this snack is often served with tortilla chips.

Olla de carne, or "pot of beef", is a stew that comes from the Spanish influences in post-colonial era Costa Rica and contains beef, cassava, potatoes, corn, green plantains, squash or chayote, and other vegetables

#### 1. What are some ingredients used in Chicharrón?

- a) \_\_\_\_\_
- b) \_\_\_\_\_
- c) \_\_\_\_\_

#### 2. What are some ingredients used in the olla de carne?

- a) \_\_\_\_\_
- b) \_\_\_\_\_
- c) \_\_\_\_\_

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### Read the text

Coffee, already one of the largest exports of Costa Rica, is offered in nearly every restaurant and household in the country. Served black or with milk (known as café con leche), it is generally strong and of high quality.

A common Tico drink called "agua dulce" is made of tapa de dulce, or raw cane sugar, dissolved in hot water. This drink is particularly common in the cooler interior of the country.

Frescos and batidos are drinks made from fresh fruit and milk or water. There is often a very wide range of fruits to choose from, including papaya, mango, watermelon, cantaloupe, pineapple, strawberry, blackberry, banana, carrot, tamarind, guanábana and cas, a sour fruit native to Central America.

Agua de pipa is literally a green coconut with a straw to drink the water from inside of it. Vendors, called piperos, typically walk around selling them in touristy areas, and when one is purchased, they chop off the top with a machete and put a straw into it.

### Read the answer

**1. How do Costa Ricans drink their coffee?**

- a) \_\_\_\_\_
- b) \_\_\_\_\_

**2. What's the main ingredient of Agua Dulce**

- a) \_\_\_\_\_

**3. What fruits are used to make frescos or Batidos**

- a) \_\_\_\_\_
- b) \_\_\_\_\_
- c) \_\_\_\_\_

**4. What are Piperos and what do they do?**

\_\_\_\_\_

\_\_\_\_\_

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Answer the questions

1. What do you usually have for breakfast?

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2. What do you usually have for lunch ?

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3. What do you usually have for Dinner?

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### Costa Rican Traditional Food

The most common dish for breakfast is **Gallo Pinto** which consists of rice mixed with black beans, served with (sour cream), eggs (scrambled) and fried plantain. Costa Ricans usually drink a cup of coffee or fresh fruit juice with it.

For lunch, Casados (beans, rice) are served with some sort of meat or fish and a salad, fried plantains, white cheese and corn tortilla. The difference between Gallo Pinto and Casado is that in Casados, rice and the bean are served side by side and not mixed.

1. What drinks do you usually drink when eating Gallo Pinto

- a) \_\_\_\_\_
- b) \_\_\_\_\_

2. How are Casados Served?

\_\_\_\_\_

3. How is Gallo Pinto Served?

\_\_\_\_\_

### Read the text and underline all the ingredients from the text

There is no typical meal for dinner, but another typical main dish in Costa Rica is arroz con pollo (rice with chicken) which can be served with different vegetables from the area like camote, chayote and yuca. Seafood is also common thanks to the country's proximity to both the Pacific and Caribbean.

Small dishes before or in between meals are called **Bocas**, like black bean dip, chimichurri (tomatoes and onions in lime juice) served with tortilla chips or ceviche (fish/ shrimp with onion in lime juice).

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### Read the text

**Tamale** is a seasoned corn meal which is covered in plantains leaves. In the inside it has rice, beans, vegetables and meat.

There are also other traditional sweet corn dishes like **pozol** (corn soup) or **chorreadas** (corn pancakes).

Typical soups in Costa Rica are also very popular, such as **olla de carne** which is a soup with beef, potatoes, carrots, chayote, plantains and yucca, and the **sopa negra**, black bean soup.

There are a lot of traditional Costa Rican desserts like **arroz con leche** (rice with milk). The rice is cooked in milk with sugar, cinnamon and other ingredients.

**Ensalada de frutas** (fruit salad) consists of different pieces of tropical fruits, like papaya, banana, maracuya and many more. One of the most common desserts is called Tres Leches, a cake bathed in evaporated, condensed and regular milk with a whipped cream top.

### Find out to what foods these sentences make references about

1. this food is covered with leaves: \_\_\_\_\_
2. It is made of typical fruits: \_\_\_\_\_
3. This is like corn pancakes: \_\_\_\_\_
4. This food has condensed milk as a ingredient: \_\_\_\_\_
5. This food has beef and carrots: \_\_\_\_\_
6. This food has cynammon as a ingredient: \_\_\_\_\_
7. This is made of pieces of tropical fruits: \_\_\_\_\_
8. This is like corn soup: \_\_\_\_\_
9. It is a cake bathed in evaporated milk: \_\_\_\_\_
10. This food has Yucca as a ingredient: \_\_\_\_\_

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### Empanadas

Empanadas are fried or baked dough filled with cheese, beans, potatoes, or chicken. They are popular as a snack between classes or meals and are best eaten with a dollop of hot sauce.

*Where to eat it:* Empanadas can be found everywhere: restaurants, sodas, and even random street vendors dedicated solely to selling empanadas

#### Read the questions

1. What time do most of the people eat in Empanadas?

\_\_\_\_\_

2. Where can we find Empanadas?

\_\_\_\_\_

### Tradition Food from Limon

Pan Bon" is a loyal representative of the mixture of European and Caribbean cultures in the region of Limón. This black bread is made with flour, dried fruit, walnuts, butter, egg whites, vanilla, hibiscus seed, honey, and sugar. Another typical dish is "Rice & Beans", seasoned with coconut milk, shredded coconut, sweet chili, garlic, oil, pepper, and salt. Another regional meal is "Rondón", a fish soup (usually of snapper) with green plantains, coconut milk, peppers, sweet chili, and spices. It is served hot with a touch of lemon.

#### What are the ingrediente of the following Costa Rican Foods?

Pan Bon	Rondon