



History of the dish

“The dish dates back to pre-Columbian Nicaragua, when it was originally made with Central American animals, although beef is the preferred option today,” highlights the Taste Atlas description.

As explained to a national television channel, in December 2023, María Esther López, one of the most recognized figures for the rescue of the culinary art of Nicaragua, it is believed that the name of the recipe originated in a conversation between the colonizers and the natives.

“The Europeans asked them what they had, one (native) answered that they were enjoying an old Indian. They called it that because it was made from one of the oldest members of the tribe who had just died,” López said.

Old Indian allows such versatility that there are some people who even prepare it with chicken or any other meat.

MADE BY GUSTAVO