

## TOP FOODS TO TRY IN ARGENTINA

<https://www.bbcgoodfood.com/howto/guide/top-10-foods-try-argentina> By Caitlin Zaino - Travel writer

*A trip to Argentina is the perfect opportunity to spoil in some serious feasting, including tasting some of the country's legendary steak. Make sure to look for these traditional dishes.*



Argentina is considered in travel bucket lists for young and old alike. Whether you're attracted by the romance of cosmopolitan city life or in search of legendary steak, the country has lots of charm to suit every taste.

Don't leave Argentina without trying...

### ASADO



The way to Argentina's heart is through its asado, or *barbecue*, also known as parrillada. Don't leave the country without spending a relaxed afternoon beside the warmth of a grill or open fire, eating abundant grilled meats. This is the national dish, originating from the country's gauchos, or cowboys, who would subsist on the abundant cows dotting the country's plains. Expect to find beef, pork, ribs, sausages, blood sausages and sweetbreads hot off the fire. In Patagonia, look out for a whole lamb or pig roasted over an open flame. Lightly salted, topped with chimichurri along with *malbec* – this is Argentina.

### **CHIMICHURRI**



A green salsa made of finely chopped parsley, oregano, onion, garlic, chilli pepper flakes, olive oil and a touch of acid, such as lemon or vinegar, chimichurri is the country's go-to condiment. This spicy, garlicky salsa is sometimes used as a marinade, though most often it's found over grilled meats and lots of other savoury foods throughout the country.

### **DULCE DE LECHE**





Cows wandering Argentina's expansive pampas have not only provided the country with phenomenal beef, but also dairy. And it's from condensed milk that Argentina gets one of its culinary treasures, dulce de leche. This thick caramel is the result of condensed milk being slowly reduced until sweetened and sticky. Look for it in everything from *alfajores* and desserts to another national favourite, *helado* (ice cream) over which it is generously dropped.

### **ALFAJORES**



Argentina is said to be the world's largest consumer of *alfajores*. Similar to their national cookie, Argentines treat themselves with these cylindrical biscuits throughout the day and across the country.

### **EMPANADAS**



Another gift from the Moors to the Spanish and, finally, to the Argentineans, where this hot, cheap and portable meal became popular among the working classes. A sort of South American pasty, empanadas are deep-fried or baked, then filled with a sweet or savoury stuffing, depending on the province. Dessert empanadas are commonly packed with quince jam, sweet potato paste or *dulce de leche* and sprinkled with cinnamon, or sugar. Savoury empanadas are filled with slow-cooked and spiced ground beef, chicken, goat, cheese and/or vegetables, with the marks on the pastry fold identifying the treasures hidden inside.

### CHORIPÁN



A pre-requisite before any football match, a go-to among taxi drivers and a basis at markets and street stalls, *choripán* is the definitive Argentinean street food. Made with pork and beef chorizo cooked over coal or firewood, the sausage is grilled, topped with *chimichurri* and served between slices of crusty bread.

- 1) FIND THE FOLLOWING VERBS IN THE TEXT AND WRITE THEM IN THE BOXES.
- 2) THEN, LOOK THEM UP IN THE DICTIONARY AND WRITE THEIR DEFINITIONS IN ENGLISH BELOW.

GRILLED:

ROASTED:

CHOPPED:

FRIED:

BAKED: