



## ECUADORIAN GASTRONOMY: THE MOST DELICIOUS DISHES!



### VOCABULARY

1.- Choose the correct meaning, synonymous or reference next to each word to fill the blank.

Ecuador is a country distinguished by the culture and hospitality of its **inhabitants** \_\_\_\_\_. But not only that, the Ecuadorian gastronomy is full of delicious **dishes** \_\_\_\_\_ and is considered one of the best and most characteristic of Latin America.

Each region has its own set of local **delicacies** \_\_\_\_\_, from the Amazon **basin** \_\_\_\_\_, through the mountainous region, to the Pacific coast. But what is the most popular food in Ecuador? Check out our **summary** \_\_\_\_\_ of the most delicious dishes!

### Ecuadorian Gastronomy of the Coast

The gastronomy of the Pacific coast is based **mainly** \_\_\_\_\_ on fresh fish and **seafood** \_\_\_\_\_. No surprise, because the **length** \_\_\_\_\_ of the coast is more than two thousand kilometers!

## Ecuadorian Ceviche

The most popular dish on the coast of Ecuador is ceviche, which differs \_\_\_\_\_ from the Peruvian version because it is cooked with a lot of coriander \_\_\_\_\_ and lemon juice. It is usually served with popcorn, toasted corn and chifles. People also make ceviche in Ecuador from calamari, shrimp and mollusks – you can choose whatever \_\_\_\_\_ you want!



## Fish Encocado



Another traditional Ecuadorian meal \_\_\_\_\_ is the *encocado de pescado*: made of coconut and seafood served with rice, patacón, tomato, avocado \_\_\_\_\_ and lemon. In Ecuador, this dish is prepared mainly with sea bass . However \_\_\_\_\_, other types of fish, such as halibut, tilapia, cod \_\_\_\_\_ and even \_\_\_\_\_ salmon, can replace it. There are also varieties with shrimp, crabs and

squid \_\_\_\_\_.

## Encebollado

Soups are also a popular dish in Ecuadorian gastronomy. One of the most famous on the coast, recommended for hangovers \_\_\_\_\_, is encebollado, which is a fish soup with albacore, yucca, cilantro and a large amount \_\_\_\_\_ of red onion.

It is usually served with fried plantains \_\_\_\_\_ and sometimes with rice and bread. It is not a typical dinner dish; people in Ecuador eat it at any time of the day. As a tourist, you can get an early morning encebollado at the stalls \_\_\_\_\_, restaurants and bars on the street.



## Seco de Chivo



On the coast of Ecuador, despite \_\_\_\_\_ the availability \_\_\_\_\_ of fresh seafood, you can also find some meat \_\_\_\_\_ dishes. One of the most famous is Seco de Chivo, a stew \_\_\_\_\_ that comes from the north of Peru.

Traditionally it is prepared with goat \_\_\_\_\_ meat, but nowadays there are many types of Seco: chicken, beef, lamb \_\_\_\_\_ or cow stomachs. It is a very

aromatic, cheap \_\_\_\_\_ and complete dish.

## Ecuadorian Gastronomy in the Andes

The Andes are known for crops such as potatoes and corn, so the Andean cuisine is based mainly on these foods combined with meat.

### Potato Locro (locro de papas)

In the gastronomy of Ecuador, almost all the plates begin with soup. The most traditional and well-known Andean soup is locro de papa. It is a thick soup made of potatoes, onions, garlic, cumin \_\_\_\_\_, cheese and milk. The soup boiled \_\_\_\_\_ until the ingredients are completely cooked and the cheese melts. Locro de papa is served hot, with chopped coriander and avocado, especially popular on cold days.



### Ecuadorian Llapingachos



Ecuadorians love cheese! Each region produces its own version, and although many of us will not notice the difference between them, connoisseurs \_\_\_\_\_ and lovers will surely guess their origin.

The appetizer \_\_\_\_\_ in which cheese plays a key role is the *llapingachos*. The name comes from the word "*llapina*", which means crushing, and from the word "*gachos*", which refers to a soft

**dough** \_\_\_\_\_. They are potatoes with fresh cheese and fried onions.

The potatoes are boiled in saltwater, after which they are ground and mixed with the rest of the ingredients. Finally, they are formed into an oval shape and fried in **lard** \_\_\_\_\_. Ecuadorians traditionally serve *llapingachos* with a fried egg, chorizo and avocado salad. Sounds delicious, doesn't it?

### Hornado y fritadas

Fans of specific meat dishes will also find something for them in the Andean region. It is worth recommending the Creole pork dishes such as the *Hornado* and the *Fritada*.

The *Hornado* is a marinated pork that is cooked on wood all night long. People served it with hot chilli sauce, with potatoes or mote. *Fritada*, on the other hand, are pieces of meat cooked in water with orange juice, cumin, onion and garlic. When the water evaporates, the meat is fried in its own fat. Residents serve it with sweet potatoes, bananas or corn.



### Ecuadorian Gastronomy of the Amazon Region

The Ecuadorian region of the Amazon offers tourists not only a variety of beautiful and impressive views and an incredible wealth of nature but also a mass of new flavors and scents. You should try these dishes:

### Pescaito Maito



One of the most recommended specialties of Ecuadorian food is the Maito fish. In the past, this dish was considered a **luxury** \_\_\_\_\_ and was only served on special occasions. The locals season it and **wrap** \_\_\_\_\_ it in bijou leaves, then tie it with strips of toquilla straw and bake it directly in the **fireplace** \_\_\_\_\_. The fish can be served, **among** \_\_\_\_\_ others, with green banana or yucca.

## Chontacuros

If you are a person who is not afraid \_\_\_\_\_ of anything and likes to try unappetizing things \_\_\_\_\_, then we have something for you!

Chontacuros, one of the most exotic foods in Latin America, are white larvae that can measure \_\_\_\_\_ five centimeters long and two centimeters

wide. In Ecuador, they are especially known for their healing properties \_\_\_\_\_. They are supposed to relieve \_\_\_\_\_ coughs \_\_\_\_\_ and asthma and contain a large amount of vitamins A and C. The local population prepares them in various ways: they can be cooked, baked or even eaten raw. They are most commonly found as an addition to Maito.

This is only a small part of Ecuadorian gastronomy! You can also find amazing, exotic and fresh fruits, from which the locals usually make delicious juices. In addition, it is worth going to the local market and trying the specialties of the street vendors. In Ecuador people are eating on the streets from morning until night, you will be surprised how many interesting things you will find there!



