

Costums and traditions



Costa Rican Cuisine



Costa Rican cuisine is simple because all of the ingredients are available and inexpensive.

Native dishes are mainly composed of rice and beans, the base of most "tico meals".

Gallo Pinto is the national dish of fried rice and black beans, it is as defining as the hamburger in North America, and most of the time is eaten for breakfast.

At lunch, they may have rice and beef or chicken, rice and fish or tuna, rice and pork, along with beans, cabbage and tomato salad and fried plantains.

Other popular main dishes are beef liver with onions, escabeche, pozole, ceviche, chorizo sausage with diced potatoes, olla de carne, barbudos which is a green beans omelette and mondongo which is tripe soup.

Even though there is a large coastline, seafood is expensive, because Costa Rica exports most of it.



How are the native dishes mainly composed?

Mention 3 national dishes that you read.

- 1.
- 2.
- 3.

What do people usually eat for lunch? mention 2

- 1.
- 2.