

Latin America

Chapter 27 page 510

Guide to Good Food textbook

Latin America

Countries of Mexico

and South American
countries

South of Rio Grande

River to South America

Spanish & Portuguese

languages spoken

(based off of Latin)

Latin America

Explored and settled by the Spanish

Later, Europeans and Portuguese

Diversity is the rule

Dense, tropical rain forests and snow-capped mountains

Large, modern cities and wild jungle populations

Food:

Rich and varied

Reflects culture, climate, and geography

For example, Mexico influenced by Aztecs and Spanish conquistadors

Peru influenced by Incas

Argentina and Uruguay influenced by Europe and natives

Brazil influenced by Africa and Portugal

Mexico

Mexico

Most familiar Latin American country

Foods such as tacos, enchiladas, refried beans have crossed the border into the US

Climate and geography:

Deserts, mountains, grasslands, forests and tropical rain forests

The Rio Grande River separates Mexico from Texas

Pacific Ocean, Gulf of California, Caribbean Sea and Gulf of Mexico all make up the coast line

In a few areas climate is wet and humid

Over half is arid or semi-arid (lacking moisture)

Mexico

Climate and geography affects on food:

Coastal regions enjoy a lot of fish

Northern part of the country, that borders US, has cattle

Land not suitable for crop production

Southern Gulf Coast (lots of rain) has a variety of tropical fruits and vegetables

The central plateau areas with some moisture and cool temperatures grow corn, beans, and other crops

Mexico

Culture:

Originally inhabited by Aztecs

Controlled by the Spanish until the middle of the 19th Century

Influenced culture: architecture, language and food

Aztec influences on food:

Chocolate, vanilla, corn, peppers, peanuts, tomatoes, avocados, squash, beans, sweet potatoes, pineapples, papayas

Spanish influences on food:

Oil, wine, cinnamon, cloves, rice, wheat, peaches, apricots, cattle, and chicken

With the introduction of oil, started frying foods

Mexico

A little more than half of Mexico's people are farmers

Farming is difficult because of poor soil condition

Farmers too poor to buy modern machinery or fertilizers

Poor crop yields

Government has implemented irrigation projects and extended credit for machinery and fertilizers

Mexico

Corn is Mexico's major crop, beans are 2nd

Other crops include:

Sugarcane, tobacco, coffee, tomatoes, green peppers, peas, melons, citrus fruits, strawberries, and cacao beans

Northern Mexico:

Produce wheat and cotton, with some barley, rice and oats

Also cattle

Coastal areas:

Shrimp, sardines, tuna, turtles, and mackerel

Mexico

Mexican Cuisine:

Corn based

Corn used in making tortillas:

Flat unleavened bread from cornmeal and water

Dough shaped into thin pancake with a press and cooked on greased griddle called a comal

Usually eaten with other foods or made into other dishes

Enchiladas

Tortillas filled with mixture of shredded meat or poultry, onions, garlic, chilies, and possibly other vegetables

Baked and served with cheese and a sauce

Mexico

Mexican Cuisine:

Tostadas

Tortillas fried crisp and topped with onions, beans, lettuce, etc.

Quesadillas

Turnovers made of tortillas and filled with meat, sauce, cheese, beans and vegetables and then deep-fat fried

Burritos

Tortillas wrapped around meat or bean filling

Tacos

Crisp, fried tortillas or soft tortillas filled with meat, beans, lettuce, cheese and other toppings and seasonings

Mexico

Corn husks used to make tamales

Corn dough stuffed with meat and beans and put into the husks to be roasted

Beans are also a staple, variety grown

Cooked by boiling, cooking and mashing, or fried

Refried beans:

Cooked till soft, mashed and then slowly fried

Over 30 varieties of peppers used in Mexico

Size ranges from 1/8 in. to 8 in. in length

Colors range from light to dark green, bright to dark red, and from orange to yellow

Mexico

Peppers continued:

Range in taste from sweet to burning

Mild peppers called "sweet peppers"

Hot peppers called "chilies"

Most often used in cooking are red and green peppers

Thick sauces used in cooking

Either poured over the food or used as a main dish

Simple sauces made from chilies or sweet peppers and mixed with onions and tomatoes

Moles: more complex sauces

May include chilies, almonds, raisins, garlic, sesame seeds, onions, tomatoes, cinnamon, chicken stock, and even chocolate

Mexico

Mexican stews:

Start with a sauce, mixed with ground spices and vegetables

A meat or poultry stock added, thicken to a paste then fried

Thinned and added to cooked meat or poultry

Usually do not eat vegetables plain but in other dishes

Hauzontle = wild broccoli

Jicama = a large, gray root

Nopole = tender cactus leaves

Chayotes = the fruit of a climbing vine

More common veggies include zucchini, artichokes, white potatoes, spinach, lettuce, beets, cauliflower, and carrots

Mexico

Common fruits include avocados, bananas, pineapples, guavas, papayas, and types of pears

Guacamole: mashed avocados, tomato and onion

Fruits served alone or with in heavy syrup

Often as a dessert

Desserts: (most came from the Spanish and Portuguese)

Many use large amounts of egg and sugar

Flan: caramel custard

Chocolate and coffee drinks

Chocolate drinks similar to hot chocolate

Milk added to coffee and called cafe` con leche

Coffees sometimes boiled into thick syrup

Mexico

Regional differences:

Northern Mexico:

More cattle

Tortillas made from wheat instead of corn

Cheese more popular

Coastal areas:

More finfish and shellfish

Eastern Mexico:

Wild duck popular

The Yucatan (southern tip):

Turkey is important

Southern Mexico:

Squash blossoms and sea chestnuts

Mexico

Meal Patterns:

Affluent families usually eat 4 meals a day

Desayuno: first meal of the day, substantial

Fruit, tortillas, bread or sweet rolls, eggs or meat, coffee or chocolate

Huevos rancheros: eggs with chilies on tortillas

Comida: main meal of day, between 1 & 3

6 courses are common, an appetizer, a soup, small dish of stew, a main course, beans, dessert, and coffee, tortillas or bread served

Siesta: rest period, usually follows comida

Merienda: light snack served around 5 or 6

Coffee, chocolate, fruit and pan dulce (sweet bread)

Cena: supper, between 8 & 10

Similar to comida, but smaller and lighter foods

Some families combine merienda and cena

South America

Climate and geography:

Nearly twice the size of the US

Same contrasts as Mexico, dense rain forests and snow-capped mountains, modern cities and jungle tribes

In parts of Chile, no rainfall has ever been recorded

In parts of Brazil, it rains almost daily

The Andes Mountains cross South America, the longest and 2nd highest mountain range in the world making travel difficult and each country needing its own independence

South America

Culture:

Main native tribe: Incas, in and around the Andes

Each family raised food for itself and extra to contribute

Advanced agriculture methods, especially for storage of food

Spanish explored in the 16th Century

Portuguese explored Brazil

Africans brought to Brazil by Portuguese to work sugar fields

Raise traditional African crops, bananas, yams, coconuts

French and Dutch explored the northern coast

Many farmers in South America

Some rich landowners own the most productive land

Most farmers barely survive on small lots with poor soil

South America

South American Cuisine:

Blend of Indian, Spanish, Portuguese and African cultures

Staple foods :

Corn, potatoes, manioc (starchy plant) found all over continent

The food in each region reflects culture influences of that area, as well as geographic and climatic influences

South America

Argentina and Chile:

Large herds of cattle and sheep in Argentina

Eat large amounts of meat in this area

Eat little meat in Chile, no pasture land

Eat seafood, beans & little meat combined w/ veggies in stews

Porotos granados: cranberry beans, corn, squash, garlic, onion

Much of the meat is roasted as the early gauchos did

Gauchos: nomadic herdsmen with Indian blood who roamed the plains and lived on wild cattle, put fresh meat on large stakes and roasted over a fire at an angle

Used chimichurri: peppery herb and parsley sauce used with meat

South America

Argentina and Chile:

Metambre: popular Argentina dish, layered spinach, hard-cooked egg halves, whole carrots, onion slices on top of marinated flank steak, poached or roasted

Empanadas: Argentina appetizers, small turnovers filled with chopped meat, olives, raisins, and onions

South America

Argentina and Chile:

Most foods strongly flavored

Do use mild-flavored squashes and pumpkins to make fritters, soups and puddings

Stews sometimes thickened with squash

Carbonada criolla: colorful stew with beef, squash, tomatoes, corn on the cob, peaches served in a pumpkin shell

Humitas: unripened kernels of corn mixed with onions, tomatoes, salt, pepper, sugar, cinnamon and sometimes cheese, cooked with milk or boiled or steamed

South America

Argentina and Chile:

Pastel de choclo: meat pie with sugar coated corn topping, beef, raisins, olives in filling

Aji: peppers and chilies added while cooking

Seafoods, especially in Chile, include crabs, lobsters, clams, scallops, sea urchins

Chupe de marisco: (scallop stew) baked in a deep dish, creamy cheese sauce with paprika, nutmeg, pepper, and onion over scallops and rice

South America

Colombia and Venezuela:

Rich, fertile soil and a temperate climate

Some jungles in lowlands of southern valleys

Many small farming families

Arepa: corn pancake (like a tortilla) basis for the small farmers diet

Made by mixing corn flour with water and salt and shaping stiff dough into balls or patties and toasting on a lightly greased griddle

Eaten plain or in other dishes

Bollos pelones: ball of arepa dough stuffed with meat mixture and served in soup or sauce, or deep-fat fried

South America

Colombia and Venezuela:

Corn used to make pancakes and fritters

Potatoes, grown in high mountain areas, important in northern Colombia

Cassava: root eaten farther south, little taste and used like a potato

Meat is tough, cooked with combination of boiling and roasting

For extra flavor put slits in meat and insert fat and veggies
Tropical lowlands: bananas, plantain and coconut
Boiled, fried, baked, and put in stews
Both countries produce a lot of coffee

South America

Peru and Ecuador:

Strong Inca influence with some Spanish

Papa, or potato, staple food

Over 100 varieties

Freeze-dry potatoes to preserve them

Poorer population boil potatoes alone or with herbs or aji

Middle class prepare in many unusual ways

Pour a thick sauce made of cheese, milk, aji, and spices over potatoes

Causa a la limena: small molds filled with mashed potatoes, olive oil, lemon juice, salt, pepper, onions, and aji, garnished with cooked eggs, cheese, sweet potatoes, olives and prawns (shrimp-like)

South America

Peru and Ecuador:

Cuy (Guinea pig) used for stew or roasted

Anticuchos sold by street vendors

Strips of beef heart marinated and threaded on skewers, basted with a sauce and grilled

Shrimp popular on coastlines

As an appetizer and main dish

Chupe: thick soup made of milk, veggies, and shellfish

Ceviche: made from corvinas (white flesh fish) cut into cubes, soaked in marinade made from lime and lemon juice, salt, pepper, garlic, onion and aji and served with corn and sweet potatoes

South America

Peru and Ecuador: Steven was here

Peruvian tamales: filled with meat, chicken, sausage, eggs, peanuts, raisins, and olives (sweeter than Mexican tamales)

Ecuador large banana producer

Bananas made into flour used for breads and pastries

Sliced and fried

Slow fried in butter, adding sugar as brown

South America

Brazil:

Mixture of Indian, Portuguese, and African cultures

Primitive agriculture practices

Manioc (cassava): root plant used as a potato substitute, boiled to eat

1st staple food in Brazil

Ground into manioc meal

Also used in soups, stews and breads

Dende oil: palm oil gives food bright yellow-orange color

Red peppers, bananas, and coconuts used in many dishes

South America

Brazil:

Vatapi: stew made from pieces of shrimp and fish cooked with coconut milk, palm oil, bread and served over rice

Rice, 2nd staple food in Brazil

Popular dish is a casserole made of layers of rice, shrimp, ham, chicken, cheese and tomatoes

Also used in coconut pudding

Beans, 3rd staple food

Black beans cooked to a paste are preferred

Feijoada completa: dried beef, smoked tongue, or other meats cooked until tender, black beans cooked to a pulp served in another pot and served with sauces, cooked rice, manioc meal, shredded kale, and orange slices

South America

Brazil:

Abara: (version of tamale) mix of cowpeas, shrimp, pepper and dende oil rolled in banana leaves and roasted

Cuscuz: steamed grain dish, two main types

Sweet form served as a dessert, tapioca, grated coconut, coconut milk, sugar and water mixed with boiling water and refrigerated

Paulista: main dish form of cuscuz, mix of cornmeal, shredded veggies, and meat with a small amount of fat, steamed

Review

Complete To Review questions 1-9 page 530

Write out and define To Know vocabulary terms on page 530