

Bolivia

Latin America

Menu

1. Papas a la huancaina

Ingredients:

- 8 potatoes
- 1 cup feta cheese, grated
- 1 cup evaporated milk
- 2 Tbsp. minced jalapeno
- 1/2 tsp. turmeric
- 8 saltines, crumbled
- Salt and pepper to taste
- 12 lettuce leaves
- 4 hard-boiled eggs, quartered
- 2 tomatoes cut into thin wedges
- 10 pitted black olives

Directions:

Cover the whole potatoes with salted water and boil until cooked. Remove from heat, drain and cool. Peel potatoes when cool and cut in half length-wise. Place the cheese, evaporated milk, peppers and turmeric in a blender or food processor and puree till smooth. With the blender running, add the crackers one at a time to thicken the sauce. Again with the blender running, drizzle in the oil. Add more crackers if the sauce is too thin and milk or water if it's too thick. Season with salt and pepper. Line a serving platter with the lettuce leaves. Place potatoes on top of the lettuce leaves. Spoon chile-cheese sauce over the potatoes. Garnish serving plate with egg quarters and tomato wedges. Sprinkle olives over potatoes and serve.

2. Plato paceño

Ingredients:

- 8 fresh ears of corn
- Corn husks
- 2 lbs. peeled lima beans
- 4 slices of fresh cheese
- 1/4 cup oil or butter to fry the cheese

Directions:

At the bottom of a large pot, place ears of corn and cover with water. Place the pot over high heat. As soon as the water boils, add the corn and the lima beans separated by cornhusks. Let it boil for 25 minutes. In a large pan, heat oil over high heat. Fry cheese slices until golden. Do not let them burn. In each plate, serve one corn on the cob, lima beans, and slices of fried cheese.

Consumption comparisons

Percentage of children underweight

United States of America: 1%

Bolivia: 16%

Life in Bolivia

Most Bolivian families are Native American or *mestizo*, meaning they are of mixed Spanish and Native American descent. Nearly half of these families make their living as farmers. However, the lack of proper tools and reliable transportation makes it difficult for many parents to earn a sufficient income and support their children.

Typical meal

A typical Bolivian meal would consist of chicken, rice and salad.

Jherson and his animals



Jherson, age 5, and his cousin have been living in a tent for three weeks now, taking care of their little animals.

References:

Bolivia Web.com. 2003.

<http://www.boliviaweb.com/recipes/english/paceno.htm>. Accessed June 20,2006.

Millstone, Erik and Tim Lang. *The Penguin Atlas of Food: Who Eats What, Where, and Why*. 2003. Penguin Books: New York.