

Colombia

Latin America

Menu

1. *Ajiaco bogotano* (three potato chowder)

Ingredients:

- 1 chicken breast, skinned and rinsed
- 7 1/2 cups chicken stock
- 1 lb. large potatoes cut into thin slices
- 1 lb. yellow potatoes, peeled and cut into thin slices
- 1 small onion
- 2 cloves garlic, chopped
- 1/2 cup diced red bell pepper
- 1/2 cup chopped celery
- 1 small hot chili, seeded and chopped
- 1 tsp. paprika
- 1/2 tsp. cumin
- 1 lb. red potatoes, scrubbed and halved
- Salt to taste
- 1/3 cup heavy cream
- 1 small avocado, peeled, pitted and sliced
- 2 Tbsp. capers

Directions:

In a large soup pot, combine chicken and stock and simmer over medium-low heat. Add large and yellow potatoes and cover until the chicken is tender, about 20 minutes. Remove chicken and shred. Continue cooking potatoes until soft, about 10 more minutes. Combine onion, garlic, bell peppers, celery, chili, paprika and cumin in a blender with 1 cup of the broth. Puree until smooth. Add this mix to the pot, along with the red potatoes. Add salt to taste. Cook soup until red potatoes are tender, about 20 more minutes. Stir the cream and reserved chicken into the soup and simmer for 5 minutes. Garnish with avocado and capers.

Life in Colombia

Most Colombians are *mestizo*, a mix of Spanish and Native American ancestry. The country was a colony of Spain from 1499 to the early 1800s. Early on, Native Americans blended quickly into Colombia's Spanish culture. Today, 96 percent of the population speaks Spanish. Colombians take pride in being a creative, warm, and optimistic people. Families are close-knit and extended families often live nearby. Children usually do not move out of their parents' home until they marry.

Typical meal

A typical meal in Colombia is chicken soup with rice.

Nancy eating lunch



Nancy Milena Calambas, during lunchtime at the World Vision cattle-raising coordinator's house.

References:

Bremzen, Anya Von. *Fiesta: A Celebration of Latin Hospitality*. 1997. Doubleday: New York.