

Costa Rica

Latin America

Menu

1. Gallo pinto

Ingredients:

- 1 Tbsp. butter
- 1 onion finely chopped
- 1 lb. cooked beans
- 2 cups white rice, cooked
- Salt and pepper

Directions:

In a large frying pan melt the butter and fry the onion until golden and transparent. Add the beans and continue frying. Add the rice and cook over low heat until the mixture is dry.

2. Sopa de pescado

Ingredients:

- 4 bass filets, cut in half and de-boned
- 2 small vegetable pears, chopped
- 4 medium size potatoes, chopped
- 4 medium size carrots, chopped
- 2 rolls cilantro, chopped
- 4 ribs celery, chopped
- 12 cups milk
- 1 cup noodles
- 4 cubes seafood bouillon
- 1 cube butter
- 4 medium onions, chopped
- Salt to taste

Directions:

Bring fish with 6 cups water to a boil. Boil for 20 minutes. Add cilantro and celery. Continue boiling for 6 more minutes. Strain mix and store liquid in a saucepan. Transfer fish meat to a saucepan. Pour stored liquid into the saucepan. Add seafood bouillon, vegetable pears, potatoes, and carrots. Bring the mix to boil. Add noodles. Simmer until vegetables are cooked. Add milk. Bring it to a boil again and add salt to taste. Heat butter in a skillet over medium-high heat. Add onions and cook until golden brown. Pour onions into the soup.

3. Tres leches (milk cake)

Ingredients:

For cake (use a pre-made cake or boxed cake to save time):

- 7 egg whites
- 7 Tbsp. sugar
- 7 Tbsp. flour
- 2 1/2 Tbsp. baking powder
- 1 Tbsp. vanilla extract

For milk, blend:

- 1 3/4 cup evaporated milk
- 1 3/4 cup sweetened condensed milk
- 1 cup Chantilly cream (heavy whipped cream)
- 1 cup eggnog

For luster:

- 1 cup sugar
- 3 egg whites
- 1/2 lime, juiced

Directions:

For the cake, beat egg whites until stiff peaks form. Continue beating and pour in yolks one by one, add sugar, flour, baking powder and vanilla extract to taste. Keep beating the mix until the dough forms. Preheat the oven to 475F Place the mix in a square, medium size pan. Bake batter for 20 minutes (12 minutes in the lower part of the oven, and 8 minutes in the upper part of the oven). Cool, and punch the baked mix with a fork so that the blended milks can penetrate. For the milk, blend the sweetened condensed milk, evaporated milk, Chantilly cream, and eggnog. Pour mix over cool cake. For the luster, beat three egg whites until stiff peaks form. Continue beating and add sugar and lime juice. Spread luster on the top of the cake.

Life in Costa Rica

In Costa Rica, poverty is severe in rural areas. For many impoverished families, education beyond the basic level is a luxury. Children most often begin working at a young age to help feed their families.

Typical meal

The typical cuisine of Costa Rica is strongly influenced by the agriculture. For lunch or dinner, people generally eat rice and beans.

A boy smiles at the irrigation site of the Rio Canas Project



References:

Costa Rica. Food. 2006. <http://www.costarica.com/Home/Culture/Food>. Accessed June 13, 2006.