

# El Salvador

## Latin America

### Menu

#### 1. *Curtido* (cabbage salad)

##### Ingredients:

- 1/2 head cabbage, shredded
- 1 carrot, peeled and grated
- 4 cups boiling water
- 3 scallions, minced
- 1/2 cup white vinegar
- 1/2 cup water
- 2 Tbsp. oregano
- 1 tsp. crushed red pepper flakes

##### Directions:

Place cabbage and carrots in a large bowl. Pour boiling water over mixture and let set for 5 minutes. Drain well. Mix in the rest of the ingredients and chill.

#### 2. *Pollo encabollado* (chicken with onions)

##### Ingredients:

- 3 lbs. chicken, cut into serving pieces
- 3 Tbsp. oil
- 3 onions, sliced thinly
- 1 cup water or chicken stock
- 1/2 cup white wine
- 1 bay leaf
- Salt and pepper to taste

##### Directions:

Season the chicken pieces with salt and pepper. Heat the oil in a large sauté pan or Dutch oven over medium-high heat. Brown the chicken pieces, a few at a time, on all sides. Move chicken to a plate. Pour out any excess oil. Add the onions to the same pan and sauté over medium heat until translucent and just beginning to brown, 10-15 minutes. Add back the chicken pieces along with the rest of the ingredients. Simmer 25-35 minutes until the chicken is cooked through and tender. Adjust seasoning and serve with rice.

#### 3. Cooked rice

### Consumption comparisons

##### Percentage of children underweight

United States of America: 1%

El Salvador: 11%

### Life in El Salvador

Salvadorians are industrious people. Even those who are unemployed, or live in dire poverty, work hard to provide food, clothing, and other essentials for their families. Farmers try to grow enough produce to sell excess for profit. Most often however, they need all of the food they grow to feed their own families and must find additional sources of income to meet basic needs.

### Typical meal

The national dish, *pupusa*, is a corn or rice tortilla stuffed with a variety of fillings, typically cheese and beans.

### Gonzales is thankful



Gonzalez is 10 and he says, "I am thankful the project helped my dad because he received fish eggs and chickens. Now my siblings and I eat fish and chicken. This is also an income source because people here come to buy fish from my dad. When I am not at school, I help him with the chicken farm. I also help him with the fish. I thank God and World Vision and my sponsor. I thank you all."

##### References:

Whats 4 Eats. 2006. [http://www.whats4eats.com/recipes/r\\_sal\\_curtido.html](http://www.whats4eats.com/recipes/r_sal_curtido.html).

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