

# Guatemala

## Latin America

### Menu

#### 1. Jocon

##### Ingredients:

- 3 lbs. chicken, cut into serving pieces
- 4 cups water
- 2 tsp. salt
- 1/4 cup sesame seeds
- 1/4 cup pumpkin seeds
- 1 bunch cilantro, chopped
- 1 bunch scallions, chopped
- 1 cup tomatillos, hulled and chopped
- 2 chilies, chopped
- 2 corn tortillas, chopped, soaked in water and drained

##### Directions:

Put chicken in a large pot with the water and salt. Bring to a boil, reduce heat, and simmer slowly for 30 minutes to 1 hour. Remove chicken to a bowl, strain and set aside the broth. Let chicken cool and shred. Set aside. Toast the sesame and pumpkin seeds in a dry skillet over medium heat till lightly browned, stirring frequently. Put seeds in a coffee grinder and grind to a fine powder. Add sesame and pumpkin seed powder and all remaining ingredients to a food processor or blender. This will produce a green sauce. Add 1 cup of the broth and process till smooth. (If using a blender you may have to do this step in batches.) Return chicken to the large pot. Pour green sauce over the chicken and add 1 to 1 1/2 cups of remaining broth to bring to a sauce-like consistency. Heat over medium-low heat and simmer an additional 15-25 minutes. Adjust seasoning and serve.

#### 2. Picado de rabano (radish salad)

##### Ingredients:

- 1 lb. radishes, trimmed and sliced
- 1/4 cup mint, finely chopped
- 1/2 cup orange juice
- 1/4 cup lemon juice
- Salt and pepper to taste

##### Directions:

Mix together and chill well.

#### 3. Cooked rice

### Consumption comparisons

Percentage of children underweight

United States of America: 1%

Guatemala: 27%

### Life in Guatemala

Guatemala is the most populated country in Central America. Approximately 52 percent of the people are Mayan Indians. The rest of the population is mainly of mixed Indian and European descent. Two-thirds of Guatemala's residents are peasants who struggle to survive through subsistence farming. They supplement their meager incomes through seasonal labor on large coffee, cotton, and sugar plantations.

### Typical meal

A typical meal consists of black beans, rice, tortillas and beef or chicken.

### Children grateful for a gift



Kevin Aroldo, 7, Marvin David, 2, and Leyvi Ines, 6, received a drawing from a child, sent through World Vision as a gift for people who were affected by Hurricane Stan.

##### References:

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