

Nicaragua

Latin America

Menu

1. Corn tortillas

Directions:

Heat tortillas on a grill or in the microwave before serving.

2. Carne asada

Ingredients:

3 lbs. flank steak
1/4 cup oil
2 onions, sliced thinly
3 oranges, juiced
Salt and pepper to taste

Directions:

In a large stainless steel or glass bowl, mix the meat with the oil, onions, orange juice and salt and pepper. Cover and marinate 1 hour or overnight. Start a good fire in your grill, preferably with mesquite charcoal. Remove the meat from its marinade and grill over a hot flame until the first side is well browned, from 5-7 minutes. Turn the meat over and grill on the other side until it is cooked to the desired doneness. Remove from grill. Slice meat into thin strips across the grain and serve as a filling for tacos.

3. Cooked rice

4. Shredded lettuce

5. Salsa

Serve this meal together as tacos.

Consumption comparisons

Percentage of children underweight

United States of America: 1%

Nicaragua: 12%

Life in Nicaragua

Approximately 90 percent of Nicaragua's population lives in the Pacific lowlands, which make up the western third of the country. Most Nicaraguans (77 percent) are of mixed Spanish and native descent. Unemployment is a growing concern and even those who do work have a difficult time paying for the essential items their families need. Wages buy scarcely one-third of what they did 15 years ago, which puts a tremendous strain on households and makes it difficult for parents to provide for their children. People try to generate additional income by selling vegetables and fruits, homemade food, and items such as toys.

Typical meal

A typical meal in Nicaragua consists of eggs, beans and rice, salad, tortillas and fruit when in season.

Eddy's house



Eddy Matamoros Cano is joined by his younger siblings in front of his family's house in a housing project where Eddy is considered the patron. His house and all his belongings had been swept away by floods following Hurricane Mitch. Eddy approached members of a visiting World Vision delegation and asked for support to rebuild the houses in their village.

References:

Whats 4 Eats. 2006. 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.