

Ecuador Food Tour



Ecuador has a huge variety of foods. As you travel try as many of the following foods and drinks as you can. We have done our best to categorize food by region, however most of the foods we list are popular throughout Ecuador and can be found in more than one region...keep you eyes open as you travel!

The Andes Region

Lunch/Dinner

- *Llapingachos* - Potato patties with cheese
- *Mote* - Ecuadorian hominy
- *Hornado* - Slow-roasted pork
- *Locro de Papas* - Thick potato soup
- *Seco de Chivo* - Stewed goat over rice
- *Seco de Borrego* - Stewed lamb over rice
- *Fritada* - "Fried" pork

Snacks

- *Bizcochos* - Crunchy, buttery bread sticks
- *Helados de Paila* - Fruit juice ice cream
- *Melcocha* - Sugar cane taffy
- *Dulce de Higos* - Figs in panela syrup with cheese

Drinks

- *Canelazo* - Hot cinnamon tea with naranjilla and aguardiente

The Coastal Region

Breakfast

- *Majado de Verde* - Mashed plantains served with eggs and chorizo
- *Encebollado* - Fish and onion soup served with chifles

Lunch/Dinner

- *Bolon de verde soup* - Soup with plantain dumplings filled with meat and/or veggies
- *Camarones al ajillo* - Shrimp in garlic sauce
- *Encocados* - Seafood cooked in coconut water
- *Ceviche* - Cold seafood soup

Drinks

- *Caipiriñas* - Limeade with sugar cane liqueur

The Amazon Region

Lunch/Dinner

- *Ceviche Volqueteros* - Ceviche made with chochos, tuna and plantains
- *Maitos* - Fish or other ingredients prepared in special leaves

Snacks

- *Fried sweet plantains with cheese*

Drinks

- *Jugo de caña* - Fresh sugar cane juice

Everywhere Foods

Lunch/Dinner

- *Menestras* - Stewed beans or lentils
- *Aji* - Served at every table. Ecuador's hot sauce

Snacks

- *Chochos* - Chochos with toasted maize and onions
- *Pan de yucca* - Cheese and yucca flower breads with yogurt
- *Humitas* - Corn "tamales"
- *Patacones* - Double fried plantains

- *Quimbolitos* - Sweet cakes baked in leaves with raisins
- *Empanadas* - Stuffed breads of many varieties. Fillings include: meat, veggies or cheese.

Drinks

- *Morocho* - Thick cinnamon flavored corn drink
- *Batidos* - Fruit flavored milk shakes.
- *Colada de avena* - Oatmeal drink often made with naranjilla juice.
- *Chicha* - Fermented drink made from corn, yucca or chonta.

For the Adventurous

- *Cuy* - Guinea pig roasted on a spit
- *Chontacurros* - Amazon grubs eaten raw, fried or in maitos
- *Seco de pata* - Soup made and served with cow hooves

We really hope you enjoy the variety of foods Ecuador has to offer. This list is just a sampling of the many foods you will have the opportunity to try.

**For more information on the foods on this list please see:
www.life-in-ecuador.com/ecuador-food-tour.html**