Cuisine:
Guatemala food and drink is primarily influenced by the country’s Mayan and Spanish cultures. Nowadays, international influences are found in Guatemala food as well, such as Chinese, American, and the vegetarian movement.

Breakfast in Guatemala:
Guatemala breakfasts are simple, typically including an assortment of eggs, tortillas, beans and plantains. Many breakfasts in Guatemala take advantage of the country’s abundant tropical fruits, like bananas, papaya, mangoes, and avocado. And of course, no Guatemala breakfast is complete without a mug of world-class Guatemalan coffee.

Guatemala Meals:
Corn, beans, rice, cheese and tortillas form the backbone of most Guatemalan meals. Meat stews (caldos) and soups (sopas) are also popular dishes. If you order roast chicken, don’t be startled if your Guatemala meal comes with the feet still attached (rare, but not unknown). Many meals in Guatemalan have similarities to those of Mexico, Guatemala’s neighbor to the north. Guatemala food such as nachos, tamales and enchiladas are just as delicious as you’ll find in your favorite Mexican restaurant – and much cheaper. Chinese food restaurants and fried chicken stands are also quite common in Guatemala cities.

Etiquette:
- The most common toast is salud (to your health)
- Do not begin eating until the host says, “Buen provecho!”
- When eating, the knife remains in your right hand and the fork remains in your left.
- When not holding utensils, your hands are expected to be visible above the table: this means you do not keep them in your lap. Instead, rest your wrists on top of the table (never your elbows).
- At the table, pass all dishes to your left.
- The most honored position is at the head of the table, with the most important guest seated immediately to the right of the host (women to the right of the host and men to the right of the hostess.) If there is a hosting couple, one will be
at each end of the table. In the European tradition, men and women are seated next to one another, and couples are often broken up and seated next to people they may not have previously known. This is done to promote conversation. Men typically rise when women enter the room and hold doors for women and allow them to enter a room first.

- It is expected that you eat everything on your plate. Nevertheless, it is a compliment if you ask for seconds, so when being served family style, be sure to take small portions so that you can eat everything on your plate.
- When you arrive at a Guatemalan associate’s home for a formal meal, you will be told where to sit, and there you should remain. Once you (and the group) are invited to another room, be sure to allow more senior members of your party to enter the room ahead of them. Once at the table, be sure to look for place cards, or wait until the host indicates your seat: do not presume to seat yourself, as the seating arrangement is usually predetermined.

**Menu**
- Pico de Gallo Salsa
- Pollo en Jocon (Jocon Chicken)
- Guatemalan Tacos
- Picado de Carne con Verduras (Ground Meat and Vegetables)
- Easy Tres Leches (Three Milks) Cake

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**Pico de Gallo (Rooster Beak) Salsa**

8-10 Roma tomatoes (seeded)  
1/2-1 red onion (to taste)  
1 jalapeno pepper (or more to taste)  
2 medium cloves garlic  
juice of one lime  
1 tablespoon olive oil  
4 tablespoons chopped fresh cilantro  
1 teaspoon coarse salt  
1/2 teaspoon fresh ground black pepper

**Preparation:**
Seed and dice tomatoes. Chop onion, jalapeno and garlic to a fine consistency. To these ingredients, add the fresh cilantro, salt, pepper, olive oil and lime. Mix well. Cover and refrigerate for at least 3 hours. Best if served the next day. Serve with tortilla chips, burritos, tacos or any Mexican /Guatemalan dish. Delicious! As with any dish, you may add or delete ingredients to suit your personal taste.

*This recipe was provided by this month’s featured program Star Fish One by One*
**Pollo en Jocón- Jocón Chicken**

Ingredients (Makes 6 servings):

- 3 lbs of chicken
- 1 lb green tomatoes
- 4 oz tomatillos (small sour green tomatoes)
- 1 bunch onion greens
- 1/2 bunch parsley
- 1/2 bunch cilantro
- 3 green pimiento peppers
- 1 sprig of thyme
- Laurel leaves, to taste

**Preparation:**
Chop and mix together all of the ingredients and liquefy in a blender until it becomes a homogeneous mixture, then heat in a frying pan. Boil the chicken in 1/2 liter of water and when done, pour the broth into the mixture in the frying pan, and when well mixed, add the chicken and additional seasoning to taste (salt). If you wish to thicken the sauce, add a bit of corn meal.

This recipe was provided by this month’s featured program Star Fish One by One

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**Guatemalan Tacos**

Ingredients (Makes 6 servings):

- 5 large potatoes
- 1 lb. ground beef
- ½ onion, diced
- salt and pepper to taste
- 4 tomatillos, husked and quartered
- 1 glove garlic
- 1 jalapeno chile pepper, diced
- ½ cup chopped fresh cilantro
- 3 avocados, halves, with pits removed
- 10 corn tortillas

**Preparation:**
Place potatoes into a large saucepan, fill with water and bring to a boil; cook until tender, about 10 minutes. Drain and dice
the potatoes. While potatoes are cooking, crumble the ground meat in a skillet over medium high heat. Cook for a few minutes, then stir in the onion. Cook until meat is no longer pink, and onion is tender. Drain excess grease and gently stir in the cooked potatoes. Season with salt and pepper to taste. Place tomatillos, garlic, jalapeno and cilantro in a blender. Squeeze the avocados out of their skins into the blender with the other ingredients. Process until smooth. Heat the tortillas on a skillet until warm and flexible. Spoon in some of the meat mixture and top with the sauce. Enjoy!

This recipe was provided by the website www.healthy-life.navod.ru

**Picado de carne con veduras (Ground meat and vegetables)**

Ingredients: (Makes 6 servings)

- 2 lb. ground beef, or soy meat substitute for ground beef
- 2 carrots, peeled and diced
- 2 raw potatoes, diced into small pieces
- 2 onions, diced
- 2 tomatoes, diced
- 1 package of Goya brand Sazon seasoning mix
- ½ cup water

**Preparation:**

In a large sauce pan, cook the ground beef until it is no longer pink. Add the carrots and potatoes and cook 5 minutes; if there is not enough oil from the fried meat, add a touch of oil to the pan. Then add the onions and cook until the onions are translucent. Add the tomatoes and the Sazon seasoning packet and the ½ cup of water, then cover and simmer for 10-15 minutes, stirring occasionally. Enjoy!

This recipe was provided by Karen Rushen O’Brien, who says “Years ago I used to take groups of college students on service learning trips to Guatemala. This very simple version of the Latin American classic picadillo was taught to me in Guatemala as a tasty main dish for my students.”
Easy Trés Leches (Three Milks) Cake

Ingredients (makes 12 servings):

1 box Duncan Hines golden butter recipe cake mix
2 cans (12 ounces each) evaporated milk
1 can (14 ounces) sweetened condensed milk
6-ounce carton light cream or half and half
3 egg whites
¾ cup sugar
¾ cup light Karo syrup

Preparation:

1. Pour cake mix into greased and floured 9x13-inch cake pan.
2. Bake for 35 minutes at 350 degrees and let cool completely.
3. In a bowl, mix the milks and cream.
4. Pierce cake with a fork and pour the milk mixture evenly over it and let it absorb.
5. In a saucepan, melt the sugar and Karo syrup together over low heat.
6. Let cool slightly. Beat the egg whites until foamy in a large bowl.
7. Slowly pour eggs over the warm syrup and continue beating the eggs until the meringue reaches a thick consistency.
8. Add vanilla.
9. Frost top of cake with this mixture and keep refrigerated.

This recipe provided by http://recipes.wikia.com/index.php?title=Easy_Tres_Leches_Cake&action=edit&section=1

Sources:
