

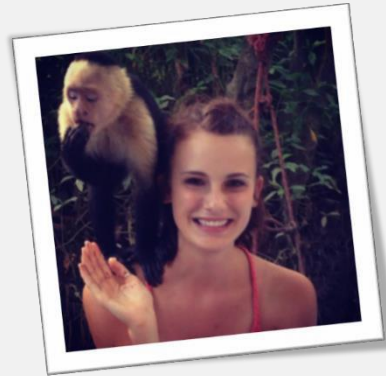
# Cuisine of Costa Rica

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# Introduction

Hi, my name is Jessica Coulthard and I am the Author of this Ebook. During my spring 2014 semester I had the privilege to study abroad in Puntaranes, Costa Rica. While I was there I studied Spanish and took other classes like dancing, surfing, and cuisine! I had an amazing experience in Costa Rica and loved learning new things about the culture. One of my favorite things to do in Costa Rica was to cook and to try new foods! Most of the food in this book I was able to eat and cook while I was in Costa Rica, and it was delicious!



# Food Introduction

Food is very important to every culture and it plays a significant role in traditions. People around the world eat different things and have different traditional dishes that they eat. In this book I will have a brief preview of some of the food I ate and cooked in Costa Rica.

# Rice and beans



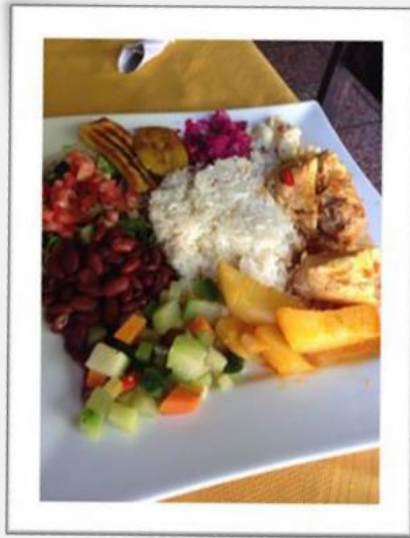
In Costa Rica you will rarely see a meal without rice or beans. It is served up for breakfast, lunch, and dinner. Rice and beans these are the two ingredients used in many dishes. Costa Ricans prepare their rice and beans in various ways.

One of their most famous way to serve it is in a dish called "Gallo Pinto." Gallo pinto is a mixture of black beans and white rice sprinkled with onions, and spices!

While in Costa Rica I usually ate Gallo pinto paired with eggs, tortillas and an avocado! It was one of my favorite dishes!

## Traditional dishes: Casado

The traditional Costa Rica dish is called a casado: which translated means “Marriage” and they described it as a little bit of everything. It is generally served items like black beans and rice, fried plantains, a chunk of Costa Rican cheese, salad, and a meat item, usually fish, beef, or chicken. Casados are also served with tortillas for wrapping.



# Arroz con pollo

(Rice with Chicken)

This is one of the most popular dishes traditional dish of just rice, and chicken mixed with a variety of vegetables such as peas, onions, and peppers. It is a custom to bring this dish to birthday parties, and family gatherings.



# Ceviche

Ceviche is a popular Boca (appetizer) consisting of fresh raw fish marinated in citrus juices such as lime with diced herbs and veggies. In Costa Rica, the best ceviche is made with local white, sea bass, garlic, hot pepper, onion, and celery.





# Fruits

Fruit is very popular in Costa Rica. Because of the climate, fruit is readily available. In fact, in my home in Costa Rica I had a Mango tree in my back yard!

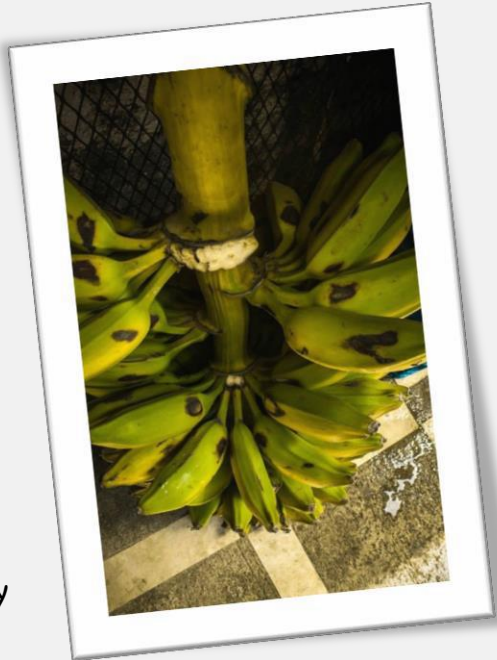
Some of the most common fruits you will see in Costa Rica are:

- 1.) Star Fruit
- 2.) Cas (a fruit native to only Costa Rica)
- 3.) Guanabana
- 4.) Passion Fruit
- 5.) Black berry
- 6.) Papaya
- 7.) The manzana de agua (water apple) is a dark red, pear-shaped fruit that is full of juice and quite refreshing.



# Bananas and Plantains

While I was in Costa Rica I had bananas at almost every meal. I was surprised at all of the different ways to cook bananas. The plantain, has the appearance of a large banana, but cannot be eaten raw. It is sweet and delicious when fried or baked, and will often accompany most meals. When sliced thinly and deep fried, the plantain becomes a crunchy snack like a potato chip.



# Vegetables



Thanks to the abundance of fresh produce available in the country's forests, Costa Rican cuisine relies heavily on fresh vegetables for their diet. Some of the most common vegetables used are potatoes, zucchini, sweet red peppers, and sweet corn. There are many vendors who sell fresh vegetables in the street markets. They also have farmers who will go door to door and sell their products to the locals.

# Desserts

Because it was so hot in Costa Rica there are many people who sell ice cream. Vendors, or people who sell things, had ice cream stands where they served traditional ice cream but some of them had a twist different from the ice cream you see in America. One example of this is adding corn flakes on top of some ice cream.



# Beverages



**Coconut Water:** This is a very popular drink served commonly in the beach towns in Costa Rica. Locals use large knives to cut a slit open so you can drink from it.

Refrescos are natural, fresh squeezed fruit juices mixed with water or milk, with sugar added. There are an impressive amount of refrescos available in Costa Rica. I had a refresco every morning for breakfast!

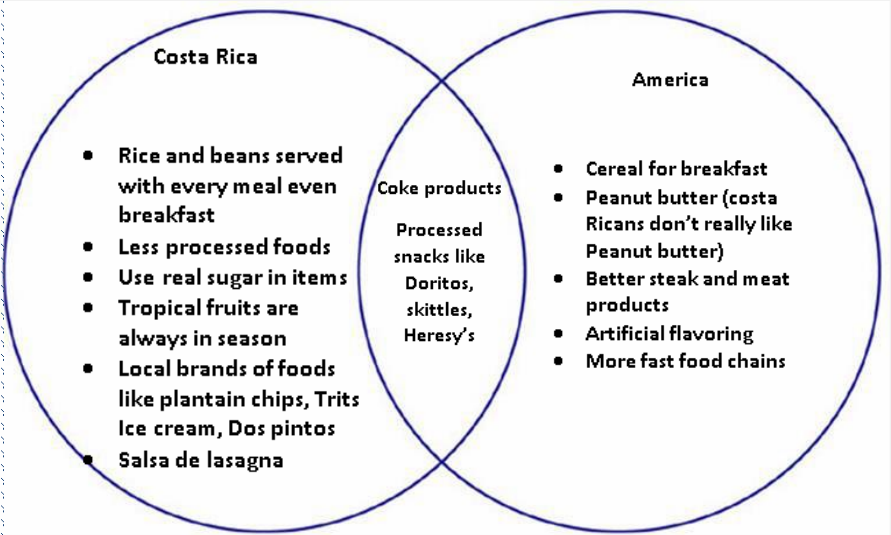
# Beverages

Café: coffee is a very big export of Costa Rica and helped to build the economy of Costa Rica. In Costa Rica, they have many local brands of coffee like Britt.



# Graphic Organizer

## Costa Rica vs. America



# Comprehension Questions

- 1.) What is considered a staple in Costa Ricans diets?
- 2.) Name one traditional meal in costa Rica.
- 3.) Which beverage is most famous in Costa Rica?
- 4.) What is a difference between food in America and in Costa Rica?



# Glossary

Boca: Costa Rican slang for Snack

Export: a product that is produced by a country and sent to another country.

Staple: A basic dietary item, such as flour, rice or corn

Vendor: one that sells, or provides products for someone

## Works Referenced

Images were taken by members of my study abroad classmates who gave me permission to use their images: Madeline Hill, Kim, Petzolt, and myself.

Information in this book came from my first-hand experience in Costa Rica

# Common Core State Standards

RL. 5.3 compare and contrast two or more characters, settings, or events in a story or drama, drawing on specific details in the text

RI. 5.7 reading informational text draw on information from multiple print or digital sources, demonstrating the ability to locate an answer to a question quickly or to solve a problem efficiently.

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