



Weekend Passport:

Arroz con Pollo

FOODS OF THE WORLD

Cooking can be an adventure, a way to discover different flavors of the world. Each culture has a unique way of combining ingredients and flavors. Think about Italian versus Chinese food. These two cultures use very different oils, spices, and herbs to create equally flavorful, yet very diverse recipes.

Did you know? Latin Cuisine

Latin Cuisine refers to foods from Latin American countries including Mexico. Many Native American civilizations, such as the Mayans, Toltecs and the Aztecs existed in Mexico thousands of years ago. These ancient civilizations built amazing cities with large pyramids, beautiful murals, and created a calendar using planets and stars. Aztecs and Mayan civilizations discovered foods which today we consider our favorites – can you guess any of them? Chocolate is one of the most famous. Chocolate was made from cacao beans which were believed to be a gift from the God of Wisdom, Quetzalcoatl. These ancient civilizations were also master gardeners. They grew most of their foods, like squash, corn, and chilies. In the early 1500's, the Spanish arrived in Mexico. They conquered the Aztecs and ruled Mexico until 1821. The Spanish brought their own foods such as meats, bread, and cheese. Today, Mexican cuisine is a combination of different foods from all of these cultures.

Arroz con Pollo, which means rice and chicken, is a popular dish among all Latin countries, such as Mexico and Spain. It is a great home style recipe that is delicious and made with tender chicken, light and fluffy rice, and seasoned with herbs and spices like oregano and cumin.

Try the Recipe!

Arroz con Pollo

<https://bit.ly/2RIZIVf>

Make the recipe yourself and be sure to share your picture on Facebook, Instagram, or Twitter. Tag @chefsanantonio and we just might share your photo!

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