

## Latin American Culinary Tour

There are over twenty Spanish and Portuguese-speaking countries and territories that contribute to what is termed Latin American cuisine. Closely linked by interwoven histories and shared language roots, these countries at the same time represent great diversity, from snow-covered mountains to sandy beaches; crowded metropolitan centers to isolated villages and, in culinary terms, from fiery hot chiles to cool, sweet custard. We hope that this meal gives you an appreciation of some of the variations of Latin American cuisine and makes you want to explore the subject more. Please come back to Columbus Junction and let our authentic restaurants and grocery stores continue to delight you with their genuine *sabor latino!*<sup>1</sup>

**Menu** prepared by members of the Civic Society of Columbus

Pork loin with green sauce	Mexico	Mexican cuisine is famous for the multitude of chile peppers used as seasoning and featured in salsas. This recipe calls for meat flavored with cumin, garlic and jalapeño peppers and is served with potatoes.
Cuban style rice	Cuba	Rice is the grain of choice throughout Latin America. In Cuba, yellow rice is a favorite side dish adding color and flavor the meal.
Fresh salad	Salvador	Much of Latin America is tropical with fruits and vegetables are grown year round. Fresh salads are as common place in many Hispanic meals as they are in Iowa.
Frijoles negros	Guatemala	Beans are a staple throughout the Americas and each region has a traditional favorite. In Guatemala it's black beans which are served freshly cooked, refried or with rice in a dish known as gallo pinto (painted rooster).
Tres leche cake and flan	Latin America	Two desserts common to Latin America. They are simple recipes that use common agricultural product from those areas including milk, eggs and sugar.

### Music

Valentín Ruiz, Columbus Junction

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<sup>1</sup> Latin flavor