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Cultural Diversity

Jamaica

BREAKFAST: Ackee Saltfish with Dumplings and plantains



Ackee was brought to Jamaica from West Africa during the 1960's. This is one of Jamaica's National dishes because of its affordable price but more importantly protein provided within it. Jamaica's national dish is revered not only at home but also internationally where ackee and saltfish has been named one of the top breakfast dishes in the world. The cod fish is usually served with eggs, plantains, and fried dumplings with a beverage of Jamaican hot chocolate tea, made from scratch with natural cocoa sticks.

LUNCH: Patty and cocoa bread, Bun and cheese, Meat loaf, box lunch, rice, varieties of meats, vegetables.



A typical Jamaican lunch is a boxed lunch. Boxed lunch can be a variety of different types of meats, with brown or white rice with a side of vegetation whether it be steamed or even just a small salad. Every country has its own version of boxed lunch.

PORTIONS: 1 serving of rice ½ cup, 1 serving of meat, 1 cup of vegetables.

The portions can change depending on the individuals needs in what categories and what was cooked by the family or restaurant.

DINNER: Jerk Chicken



A typical dinner in a Jamaican household is jerk chicken with a combination of rice, mashed potatoes, and steamed vegetables. The jerk chicken gets a lot of seasoning from spices, peppers, scallions, and lime.

Dominican Republic



The flag of the Dominican Republic was designed by founding father Juan Pablo Duarte, and adopted in 1844. It is centered with a white cross that extends to the edges and divides the flag into four rectangles. The color blue represents liberty, red for the blood of heroes, and white for salvation.

Breakfast : oatmeal, farina, mangu, salami and eggs

A Dominican traditional breakfast, consists of mangu which is boiled plantains. The plantains are mashed with butter, margarine or oil in the water in which they were boiled. Then they are topped with sautéed red onions , salchichón, huevo frito, queso frito, and aguacate. In English that would be salami, fried eggs, fried cheese, and avocado.



Lunch: Sancocho

Sancocho de Siete Carnes is a dish in which seven different types of meat from four types of animals are mixed with root vegetables and plantain to produce a very rich, thick, and meaty stew. This dish was originated in the Spanish Canary Islands as a fish-stew soup, Canary Islanders who immigrated to Latin America brought **sancocho** to the island with them. This recipe began to travel to different parts of Latin America such as Colombia and Ecuador and eventually reached the Dominican Republic.



Dinner: A very popular dish in the Dominican Republic and one you'll find on nearly every restaurant menu is **la bandera** ("the flag"). It is considered their national dish. It is a colorful meal that matches the colors of the country's flag and consists of rice, red beans, meat, and salad.



Desserts:

Pudin de pan (Bread pudding)

It is translated to the common bread pudding but with completely different flavors and textures. They use a day-old bread that is soaked with milk, eggs and rum, with the addition of raisins. The texture is dense and usually served cold.



Habichuelas con Dulce:

Habichuelas con dulce is a sweet bean liquid dessert from the Dominican Republic that is especially popular around the Easter holiday.



El Salvador

-Breakfasts in El Salvador typically include an assortment of Salvadoran food, such as: eggs scrambled with vegetables (huevos picados), Fresh Cheese (queso fresco) fried plantains (platanos fritos), mashed beans, and tortillas. Fresh tropical fruits like mango, pineapple, and banana are also a common accompaniment. If you prefer an international option like toast and pancakes, they also serve these breakfast items in most restaurants and resorts in El Salvador.



-A very popular traditional Salvadoran meal is Pupusas. It is a thick corn tortilla stuffed with various combinations of cheese mixed with meat/chicken, mashed beans, spinach, squash and many other different fillings. This is typically served with a bitter shredded cabbage salad and tomato sauce on top.



-Another traditional meal is Tamales (very different to Mexican tamales). Other cultures may cook the tamales in corn husk. Salvadorans cook tamales in banana tree leaves. Tamales are boiled pockets of corn dough, stuffed with meat and vegetables or bashed beans. This is typically served at any event especially Christmas and New Years Eve



-One other traditional dinner meal is Sopa de Pata. Sopa de Pata is a Salvadoran soup made from cow's feet, tripe, yuca, chayotes, sweet corn, bananas, and green beans. It is typically seasoned with coriander leaves while flavored with chile powder or lemon to increase the flavor of the soup. For those who enjoy going out at night and enjoy drinking or just drinking at home, due to the comforting qualities of this soup it is also known as a hangover cure.

