



Food in South America!

There are many different popular dishes that originate from South America, such as chocolate, chilli con carne and many different fruits such as bananas and passion fruit.

Below are some suggestions of different things you could make and try at home if you wish!

Some are far easier than others - for example you could just enjoy a hot chocolate!

Or if you are feeling adventurous you could make dinner for your family and host a South American themed night!

If you do have a go - please send in your creations for us to see!



Guasacaca is Venezuela's version of guacamole, although it is not as thick. This simple combination of avocado, coriander, parsley, bell peppers, onions, garlic, salt, oil, and vinegar is typically consumed with barbecued meats such as beef, chicken, sausages, and morcillas. You could serve yours with nachos!

The recipe below you can alter to how much dip you want to make!

- 3 Ripe avocados
- 1 medium chopped onion
- 2 garlic cloves
- 1/3 cup of wine vinegar
- 1 tablespoon salt
- 1/4 teaspoon of ground black pepper
- 1/4 teaspoon of hot sauce
- Dash of oil



Chocolate comes from cocoa beans, which grew on trees in Central America and South America starting probably about 100 million years ago. Cocoa trees may have gotten their start on the lower slopes of the Andes Mountains. Cocoa trees can only live in hot, rainy places near the Equator.

Have a go at making your own hot chocolate or even treat your parents with one!

There are many different ways to make it - you can mix with milk or water and then choose your toppings if you want to make it luxury!



There are different versions of Chilli Con Carne, with some coming from South America!
I have attached a link of an easy recipe if you want to try it at home! You may already make it at home with your parents and so want to follow your own recipe!
Remember you don't have to use all the ingredients but obviously some are vital to make it a chilli!
<https://www.bbcgoodfood.com/recipes/saras-chilli-con-carne>



There are various fruits which originate from South America.
Some are:
*Bananas
*Lychees
*Passion Fruit
*Guava
*Dragon fruit
Try making a fruit salad using these fruits or any fruits you can find at the moment!
Or if you want to you could blend them into a smoothie!