

PANAMA

STARTER

BOLITAS DE YUCA

FRIED YUCCA, CILANTRO AIOLI

YUCA IS BOILED, MIXED WITH LOADS OF MOZZARELLA, THEN FRIED UNTIL GOLDEN BROWN TO MAKE BOLITAS DE YUCA Y QUESO. THIS IS A POPULAR DISH THROUGHOUT LATIN AMERICA INCLUDING PANAMA

ENTREE

SANCOCHO

BEEF STEW WITH YUCA, ONION, TOMATO PASTE, PEPPERS, RED BEANS

IT IS CLAIMED THAT EATING A HOT SOUP CAN HELP TO COOL DOWN A PERSON IN A HOT CLIMATE SUCH AS IT ALWAYS IS IN PANAMA. MOST PANAMANIANIS ARE ACCUSTOMED TO EATING WARM FOODS IN THE SCORCHING HEAT AND SANCOCHO IS NO EXCEPTION. IT IS OFTEN USED AS A CURE FOR SICKNESSES SUCH AS THE COMMON COLD OR AS A CURE FOR HANGOVERS.

SIDE

ARROZ DE COCO CON FRIJOLES ROJOS

COCONUT RICE, RED BEANS

COCONUT RICE HAS NO CLEAR ORIGIN. HOWEVER, IT IS BELIEVED TO HAVE EMERGED FROM A BLEND OF CARIBBEAN AND PACIFIC COLOMBIAN TRADITIONS, AS WELL AS AFRICAN, INDIGENOUS, AND SPANISH CULINARY CUSTOMS. AND SINGAPORE.

DESSERT

No Me Olvides

SPONGE CAKE, COCONUT GELATO, CASHEWS, MARSHMALLOW, CARAMEL

"NO ME OLVIDES" TRANSLATES TO "DON'T FORGET ME" IN SPANISH, A SENTIMENT OFTEN ASSOCIATED WITH THE FLAVOR'S CREAMY AND RICH TASTE AS A TREAT OR A PART OF CELEBRATIONS.

PRESENTED BY LAS HERMANAS OF THE ALPHA ZETA CHAPTER
LATINAS PROMOVRIENDO COMUNIDAD/LAMBDA PI CHI SORORITY, INC.