

The Beauty Of Honduran Cuisine Recipes From Honduras Food

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One of the best ways to capture the flavor of Honduras is through its exquisite food. Succulent, well-seasoned dishes are prepared throughout the country and are among the proudest traditions of the Honduran people. This is why I would like to take this opportunity to share with those of you lovers of fine Honduran cuisine and culinary art, this ebook (electronic book) called The Beauty of Honduran Cuisine (in English) which contains a recompilation of the most typical and traditional Honduran recipes. You will be able to see these recipes clearly on your computer and if you prefer you will also be able to print them out directly from your computer for more convenience. Within its pages you will find the best and most simple form to delight yourself with these delicacies, since these recipes are elaborated so that anybody, with or without knowledge in culinary art, can prepare them with easiness. Once you purchase this item, you will receive an email containing the necessary information to download this wonderful ebook (PDF file). For more convenience, you will also be able to print it directly from your computer to create your own physical book. Heres what youll find in this ebook: Arroz con Leche (Rice Pudding) Arroz con Pollo (Rice with Chicken) Atol Agrio (Sour Corn Beverage) Atol de Elote (Hot Corn Beverage) Atol de Maicena (Hot Corn Starch Beverage) Atol Shuco (Black Maize Beverage) Baleadas (Corn Tortillas Stuffed with Cheese and Beans) Batido de Naranjas (Orange Shake) Budin de Platano (Plantain Pudding) Capirotadas (Cheese and Cornmeal Balls) Caracoles Fritos de Roatan (Roatan Conch Fritters) Catrachitas (Traditional Honduran Tostadas) Ceviche de Camarones (Shrimp Ceviche) Ceviche de Caracol (Conch Ceviche) Ceviche de Pescado (Fish Ceviche) Chancletas (Pumpkin Dish) Chilate (Hot Corn Beverage) Chile con Pollo (Chicken Chili) Chimol (Tomato, Green Pepper, Onion and Cilantro Salad) Chismol para las Pupusas (Salad for the Pupusas) Choco-Bananos (Frozen Bananas Covered with Chocolate) Conserva de Coco (Coconut Sweets) Coyoles en Miel (Coyoles in Syrup) Curry de Caracoles Exoticos (Exotic Curry Cunch Chowder) Dulce de Manzanas (Apple Sweets) Dulce de Mazapan (Sweet Milk Treat) Dulce de Naranjas (Orange Sweets) Dulce de Palmito (Palm Heart Sweets) Dulces de Tamarindo (Tamarind Sweets) Duraznos en Miel (Peaches in Syrup) Dulce de Leche (Caramelized Milk Treat) Enchiladas

Hondureas de Res (Honduran Beef Enchiladas) Enchiladas Hondureas de Pollo (Honduran Chicken Enchiladas) Espumillas (Egg White Treat) Flan de Coco (Coconut Flan) Flan de Leche (Caramel Custard) Fresco de Arrayn (Arrayan Drink) Fresco de Horchata Tradicional Hondurena (Traditional Honduran Horchata) Fresco de Horchata de Arroz (Rice Horchata Drink) Fresco de Maracuy o Fruta de la pasin (Fruit Passion Drink) Fresco de Tamarindo (Tamarind Drink) Guacamole Hondureno (Honduran Guacamole) Hiy (Garifuna Refreshing Drink) Huevos Con Salsa De Chiles (Eggs Poached in Chili Sauce) Jalea de Guayaba de Roatan (Roatan Guava Jam) Jugo de Papaya (Papaya Juice) Langosta a la Hondurena (Honduran Style Lobster) Macheteadas (Flour Fritters) Machuca (Garifuna Smashed Plantains) Mango Chutney (Mango Dessert) Mangos en Miel (Mangoes in Syrup) Mangos Horneados de Roatan (Roatan Baked Mango Dessert) Marquesote (Sweet Bread) Mermelada de Pia para Pastelitos de Pina (Pineapple Marmalade for Pineapple Pies) Mistela (Honduran Traditional Drink) Montucas (Corn Tamales) Nacatamales (Honduran Tamales) Nances en Miel (Nances in Syrup Dessert) Nugados de Yuca (Yucca Fritters) Pan de Banana (Banana Bread) Pan de Coco (Coconut Bread) Pan de Elote (Corn Bread) Pan de Yema (Yolk Bread) Pan de Yuca (Cassava Bread) Panqueques de Pltanos (Plantain Pancakes) Pastel de Limn (Lemon Cake) Pastel de Zanahorias (Carrot Cake) Pastel de Carne (Meat Pie) Pastel de Leche (Milk Pudding Pie) Pescado al Ajillo (Fish with Garlic) Pescado Frito con Tajadas de Pltano (Fried Fish with Plantain Chips) Pia en Miel (Pineapple in Syrup) Pltanos en Gloria (Plantains in Glory Dessert) Pltanos en Miel (Plantains in Syrup Dessert) Pltanos Fritos (Fried Sweet Plantains) Pltanos Horneados (Baked Sweet Plantains) Pollo en Salsa a la Hondurea (Honduran Chicken In Sauce) Pollo con Arroz y Vegetales (Chicken with Rice and Veggies) Pollo Horneado Hondureo (Honduran Baked Chicken) Pollo Sancochado (Boiled Chicken) Ponche de Frutas Caliente (Hot Fruit Punch) Ponche De Pina Navideno (Christmas Pineapple Punch) Preparando los Caracoles (Preparing Conch) Pupusas Quesadilla Hondurena (Honduran Cheese Bread) Relampagos (Pastry with Cream Filling) Rguas (Corn Patties in Plantain Leaves) Rompopo (Honduran Egnog) Salpicn (Chopped Beef Meat) Salsa de Mango (Mango Sauce) Salsa de Mango y Aguacate (Mango Avocado Sauce) Semita (Layered Bread with Pineapple Marmalade Filling) Sopa de Albondigas (Meatballs Soup) Sopa de Capirotadas (Cheese and Cornmeal Balls Soup) Sopa de Frijoles Negros Estilo Hondureo (Honduran Style Black Bean Soup) Sopa de Mondongo (Tripe Soup) Tabletas de Coco (Baked Coconut) Tacos Hondurenos (Honduran Tacos) Tajadas (Fried Plantains) Tamales de Elote (Corn Tamales) Tamales Pisques (Pisque Tamales) Tapado

de Pescado (Fish Soup) Tapao (Garifuna Tapao) T de Pina (Pineapple Tea) Ticucos (Travel Tamales) Torrejas (Christmas Pastry) Torta de Yuca (Yucca Cake) Tortillas de Harina (Flour Tortillas) Tortillas de Maiz Hondurnas (Honduran Corn Tortillas) Tortilla de Yuca (Yucca Tortilla) Tortitas (Meatballs in Tomato Sauce) Tostones (Green Plantain Chips) Tres Leches (Three Milks Cake) Vinagre de Pia (Pineapple Vinegar) Yuca con Chicharron (Yucca with Pork Dish) I would also like to give you as a gift, the Spanish version of this ebook called La Belleza de la Cocina Hondurea. This is what you'll find in this ebook: Arroz con Camarones Arroz con Cerdo Arroz con Leche Arroz con Pasas Atol Atol Agrio Atol Chuco Atol de Elote Ayotes en Miel Baleada Bananas en Gloria Brazo Relleno Budn de Pltanos Capirotadas Carne Asada de Cerdo al Horno Carne Prensada Catrachitas Cazuela Estilo Hondureo Ceviche de Caracol Chancletas Chilate Chile con Pollo Chocolmo Chorizos Olanchanos Conservas de Coco Conservas de Manzanita Coyoles en Miel Curile Dulce con Leche Dulce de Manzanas Dulce de Mazapn Dulce de Naranja Dulce de Palmito Dulce de Tamarindo Duraznos en Miel Empanadas de Mantequilla Empanadilla de Queso Enchiladas a la Catracha Ensalada de Repollo Espumillas Fajitas Agridulces Fresco de Horchata, Arrayn, Granada, Maracuy y Meln Fritas de Elote Frito Cocido Galletas de Maicena Galletas de Pia Guacamole Hondureo Guisado Hondureo Jamo o Iguana Jugo de Papaya y Batido de Naranja Leche Merengueada Lechn al Horno Lentejas Guisadas Macheteadas Mangos Borrachos Mangos en Miel Marquesote Mistela Montucas Moronga o Morcillas Mousse de Frutillas Nances en Guaro Nances en Miel Nugados Pan de Coco Pan o Flan de Maz Pancakes de Pltano Pasteles de Leche Pasteles de Navidad Pastelitos de Carne Pastelitos de Frijoles Pavo a la Olanchana Picadillo Pltanos en Gloria Pltanos en Miel Pollo Borracho Pollo con Loroco Pollo en Pia Ponche Caliente Ponche de Frutas Pupusas de Frijoles Queque de Banana Quesadilla Riguas Rompopo Rosquillas Rosquillas o Buuelos en Miel Salpicn Sapolillos Semita Sopa de Albn digas Sopa de Almejas Sopa de Capirotadas Sopa de Caracol Sopa de Frijoles Blancos Sopa de Frijoles con Chicharrn Sopa de Jaibas Sopa de Mondongo Sopa de Olla Sopa de Tortuga Tabletas de Coco Tabletas de Jengibre Tacos Hondureos Tamales Hondureos Tamalitos de Elote Tamales Navideos Tamales Pisques Tapado Costeo Tapado de Carne Salada con Coco Tapado de Carne y Pescado Tapado de Pescado con Coco Tapado de Pescado Seco Tapado Olanchano Ticucos Ticucos Copanecos Torrejas Tortas de Arroz con de Leche Tortillas de Maz Tortillas de Trigo Tortillas de Yuca Yuca con Chicharrn Each ebook version has more than 100 recipes. To see more details on these wonderful publications, I invite you to visit my page at

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