

Galapagos Islands
Lobster

EQUATOR LINE 0° 0' 0"
← 972 km [604 miles] →

Pacific Ocean

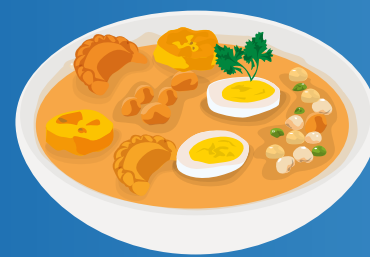
A Food Map of Ecuador

FLAVORS AND CULTURE IN 24 PROVINCES

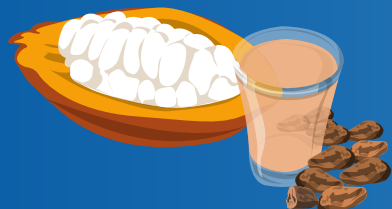
Flavors of Ecuador



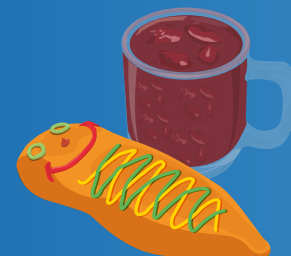
Ceviche



Fanesca [A Lenten soup]



Cocoa Liquor



Colada or Mazamorra Morada
[thick dark purple beverage]



galapagos islands

Galapagos Islands

Lobster

Green and red lobsters are found in the islands. It is usually grilled or cooked with creamy seafood medley. This product can be consumed between June and December, following its closed season.

Coffee from the Galapagos

Arabica coffee is grown in the high lands in the islands' volcanic soil. It has certificate of origin and is famous for its unique flavor.

pacific coast



Esmeraldas

Encocao (Fish with coconut milk)

A fish or seafood stew with coconut milk served with white rice, patacones (fried plantains) and fried ripe plantain.



Coconut water

Refreshing and energizing water obtained from young green coconuts. It is recommended to drink the liquid directly from a freshly cut coconut.

El Oro

Tigrillo (Green plantain mash)

It is cooked with green plantain mash, an egg, cheese and cilantro. Some recipes include pork rinds, fish or seafood products. It is usually eaten at breakfast or dinner.

Coffee from Zaruma

This coffee has a fruity flavor. Different brewing methods are used.



Guayas

Encebollado (Fish soup)

A soup made with albacore or tuna, yucca, onions, tomatoes and lemon. It is served with plantain chips, toasted corn, popcorn, white rice or bread.



Chicha La Resbaladera (traditional beverage)

A sweet drink made with rice flour, milk and spices. It is served cold during Guayaquil's Independence celebration.

Los Ríos

Encanutado de Bocachico

It is a fish stew made with bocachico, which was previously seasoned and wrapped in bijao leaves with green plantain and peanut butter. It is then placed inside a bamboo stalk and cooked in a wood-burning stove, a technique used since the pre-Colombian era.

Chicha de Chontilla

A drink made with the *chontilla* plant fruit and ripe plantains. The difference between this and other chichas is that it is not fermented and does not contain alcohol.



Manabí

Viche (Fish soup)

It is a soup made with fish and seafood, squash, *achogcha* (South American vegetable), broad beans, sweet potato and green plantain blended with peanut to make it thicker. It has been prepared since the pre-Hispanic period.

Eggnog from Manabí

It is a thick and sweet drink made with eggs, sugar, nutmeg, panela (raw sugar cane) and sugar cane brandy. It is served as dessert or digestif.



Santa Elena

Seco de Chivo (Goat stew)

It is a stew cooked with goat or lamb meat and beer. It is served with yellow rice, fried ripe plantain, lettuce and avocado.

Plum juice

A refreshing drink prepared with plum, sugar and ice. It is consumed between September and January.



Santo Domingo de los Tsáchilas



Mixed grill

It is prepared with different types and cuts of meat like steak, loin, pork chop and chicken seasoned with salt, pepper and strong barbecue sauce.



Sugar cane juice

A sweet drink extracted from pressed sugar cane. It is served with or without lemon juice.

andes

Azuay

Motes [Pillo, Pata and Sucio]

Mote is the main ingredient for *mote pillo* (with egg and cheese), *mote pata* (soup with pork) and *mote sucio* (peeled corn fried in lard that has been previously used to fry pork meat).

Rosero

A sweet drink made with peeled corn and cooked rice, herb-infused water, citrus fruits, lemon juice, cloves and cinnamon.



Chimborazo

Hornado (Roasted pig)

Pork meat served with *chirichu* (a dressing made with small pieces of *rocoto* hot pepper, water, salt, onion, tomatoes, a pinch of raw cane sugar or *chicha*) mote and lettuce.

Chicha Huevona

A drink that combines *chicha de jora* (fermented corn flour) with eggs, sugar and sugar cane brandy.



Cotopaxi

Chugchucaras

Pork meat served with pork cracklings, pork rinds, potatoes, ripe plantain, mote, toasted corn, popcorn and sweet cheese-filled patties.



Chawarmishky

The sweet agave sap obtained by cutting the base of the plant and scratching it inside. It is then cooked with sugar until it turns into syrup similar to honey.

amazon

Napo

Maito de Filete de Pescado (Fish fillet wrapped in leaves)

Maito is fish fillet seasoned with salt, wrapped in bijao, plantain or shiguango leaves and cooked in a wood-burning stove.

Guayusa tea

This tea has an ancestral connection with Amazonian nationalities. It is prepared with the leaves of a tree called *guayusa* and sweetened with sugar or *panela* (raw sugar cane).



Morona Santiago

Ayampaco (Chicken meat wrapped in leaves)

It is a recipe from the Shuar cuisine. It is cooked with fish or chicken, hearts of palm placed down the center of bijao or shiguango leaves, tied with toquilla straws and cooked over a wood-burning stove.

Chuchuguazo

Liquor made with sugar cane brandy in which the barks of a tree called *chuchuguazo* are soaked. It is a traditional beverage of the Shuar community and is known to have healing properties.



Orellana

Uchumanka (Spicy soup)

A spicy soup made with fish, chili pepper, hearts of palm, white cocoa beans, wild mushrooms. It is a traditional dish of the Kichwa nationality.

Jugo de Cocona

Cocona is a citrus fruit from the Amazon. This juice is prepared by cooking *cocona* with cloves and cinnamon and sweetening it with raw sugar cane. It is served over ice.



Pastaza

Maito de Pescado (Fish wrapped in leaves)

Fish is seasoned with salt and fiddlehead ferns and wrapped in bijao leaves. It is then cooked over fire and served with hearts of palm.

Guayusa tea

An herbal tea obtained by boiling guayusa leaves. Lemon juice and sugar can be added to taste.



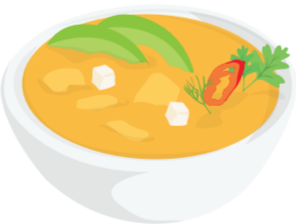
Pichincha

Locro de Papa (Potato soup)

A thick and creamy soup made with potatoes, milk, onions, garlic, achiote and salt. It is served with cheese and avocado.

Canelazo

Canelazo is a drink made with naranjilla juice, cinnamon, clove, *panela* (raw sugar cane) and sugar cane brandy to taste.



Sucumbíos

Casabe de yucca (Yucca tortillas)

Tortillas made with grated yucca and toasted on a hot griddle. These are served alone or with soup.

Sinchicara

A beverage made with sugar cane brandy and the barks of Amazonian plants like chuchuguazo, cat's claw, saragoza and guayusa.



Zamora Chinchipe

Caldo de Corroncho (Fish soup)

Corroncho is a fresh water fish found in this province. To make this soup, fish is seasoned with garlic and salt and brought to boil. It is served with yucca or green plantain.

Licor Siete Pingas

This liquor is prepared with seven ingredients: bull shew, cow's trotters, calf meat, tropical fruits, aromatic herbs and a secret ingredient mixed with sugar cane brandy.



Iconic Products

(Zea mays)

Corn

It is one of Ecuador's most important products since it is consumed in all regions. There were 7000 old-year corn cobs found in Santa Elena. It is grown across the territory.



(Musa spp)

Banana

An exporting product since the beginning of the twentieth century. Sitting on the equator, Ecuador has a humid tropical climate that allows producing sweet and aromatic bananas all year long in the Pacific Coast.



(Theobroma cacao)

Fine Cocoa Beans

Ecuador is the world's first fine cocoa beans producer. It is the essential product to make fine chocolate, famous for its fruity and floral flavor. It is consumed in the country for about 5500 years now and produced in the Pacific Coast and Amazon.



(Coffea spp)

Coffee

Ecuadorian coffee is famous for its quality. The country produces different varieties of Arabica coffee, which is used to create an aromatic drink, ideal for specialized beverages, and Robusta coffee, which has a bitter flavor, more body and is less aromatic.



(Litopenaeus spp)

Shrimp

White shrimp (vanname), is endemic to Ecuadorian coasts, and famous worldwide for its size, texture and flavor. It is the main ingredient in the Ecuadorian cuisine. Data shows that it has been present in the Valdivia culture since 3,800 B.C.



(Solanum spp)

Native Potato

One of the most consumed foods given its high nutritive value. There are 300 varieties. Since ancient times, it has been socially important for locals. It is grown in the Andes.



(Chenopodium quinoa)

Quinoa

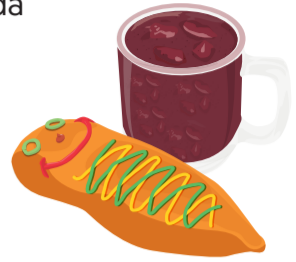
Ecuadorian quinoa is golden brown, different from other Andean countries of the region, due to its geographic location. Its richness is reflected in the ancestral cultivation techniques of peoples and its high nutritive value. It is grown across the Andes.



Traditional Ecuadorian Flavors

Colada or mazamorra morada (Purple corn-based beverage)

A sweet and thick purple corn-based beverage consumed during the Day of the Dead, a very old tradition of the Andes, where the majority of its ingredients like purple corn flour and Andean berries come from. It is cooked with fruits and served with guaguas de pan (bread figures). It is consumed across Ecuador.



Fanesca

It is a creamy soup eaten during Holy Week. It is prepared with cooked grains, dried cod, peanut butter and milk. It is served with fried ripe plantain, hard-boiled eggs, cheese, fried dough balls or small patties. This dish represents a combination of Catholic symbols and indigenous rituals.



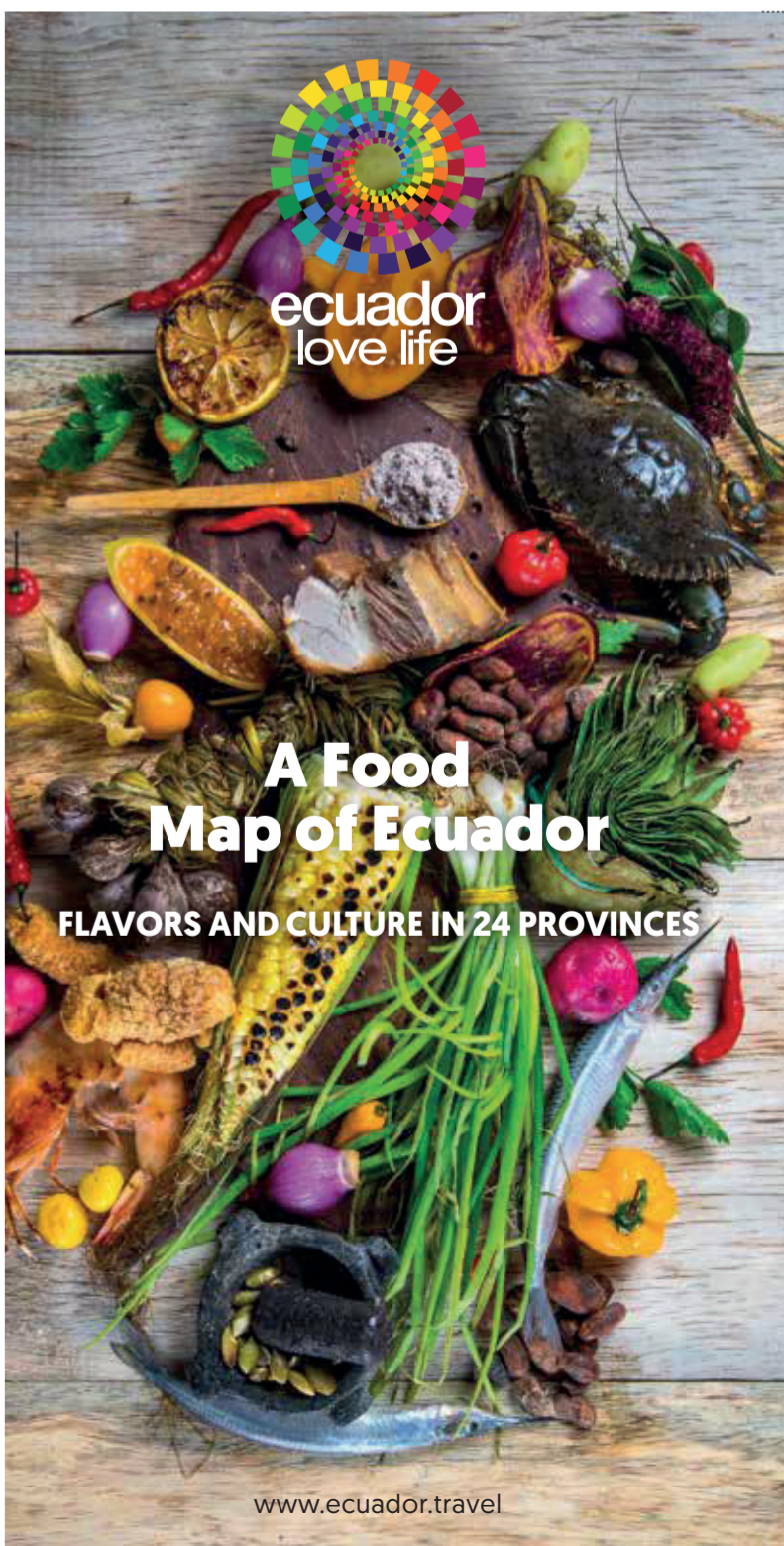
Ceviche

Traditional to the Latin American Pacific coast. Its preparation varies depending on the country. In Ecuador, it is cooked with any type of seafood or fish marinated in lemon and orange juice, onions, tomatoes, cilantro and seasoned with salt and pepper to taste.



Cocoa Liquor

A sweet drink made with cocoa pulp which contains sucrose necessary for a good fermentation process. It is obtained by distilling cocoa with an alcohol content of 40%.



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Product and Destination Management Department
Ecuador's Ministry of Tourism, MINTUR

Edition 2018