



Culinary Institute
of America

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Latin Flavors

The Latin American Flavor Profile

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Day 5



Daily Objectives

- By the end of this class session, you should be able to:
 - List native ingredients of Mexican, Central and South American cuisines
 - Describe the importance of beans, squash, and corn (aka. "The Three Sisters.")
 - Describe the influence of the Old World upon the New World and the New World upon the Old World

Mexico



Central America



South America



The Caribbean Islands





Some of the more common ingredients include:

Chilies

Potatoes

Tomatoes

Tomatillos

Cassava/Yucca

Corn

Coconuts

Cashews

Hearts of palm

Squash



Native Ingredients and Techniques

Brazil

Largest SA country

60% of Brazil's population
is of European descent

Official Language:
Portuguese



Okra

Dende Oil



Malagueta Chili

African Influences

Strongest is in the state of Bahia

San Salvador: port of entry for slaves.

African cooks considered the best

The "birth" of Creole cuisine



Argentina

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Pastel de Choclo –German Influence

Squash, beans, and corn are the mainstay of the diet.

Due to its 2,600-mile coastline seafood and fish are a major source of protein.

Climate Mild
(Mediterranean)



Chile

Mexico

Cuisine based on Aztec and Mayan civilizations

Not to be confused with "Tex-Mex" cuisine

Many varied regional cuisines



Mole

Distinctive to Mexico, in particular the state of Oaxaca (Puebla)

Chilies, ,tomatoes, seed, spices and chocolate give mole a deeply authentic Mexican flavor.



Slaws

Plantains

Rice

Salsas

Pan-fried Breads

Braised Meats



Central America

The English were not the only ones to influence the cuisine there are also, French and Dutch influences in addition to all the other emigrant cooking styles.

The ancient tribe of the Arawak is said to have invented the cooking style known as "barbacoa."



Caribbean

Despite plentiful seafood, many islanders prefer to use dried, salted cod in dishes as a result of the dependency on these food by the explorers .

Goat meat is favored, although pork, chicken and beef claim a large share of the market.

Unique to the Caribbean Islands are the fiery sauces based on citrus known as "mojos."



Caribbean