

Date: \_\_\_\_\_

[illegible]

- 2.** Blend of chilies, onion, garlic, allspice and other herbs to seasoned meat, poultry and fish.
- 4.** Thick blend of chilies, ground pumpkin, sesame seeds, onion, garlic, chocolate and spices
- 7.** A starchy root vegetable
- 8.** Harina, a coarse- grained corn flour used to make tortillas, flatbread & a part of meals.
- 9.** Soup features meat, sometimes peanuts and squash, toasted cassava, cornmeal and potatoes.
- 10.** A spicy sausage, often used to flavor many stews.

- 1. Beans, refritos/pintos. A very versatile ingredient**
- 3. A turnover filled with meat, vegetables, fruit or all 3.**
- 5. A sauce, some can be chunky with tomatoes, onions, garlic and spices**
- 6. An appetizer of raw fish marinated in citrus juice until firm and opaque. Fish is drained and served with chilies, tomatoes and onions.**