



**Tabletop Solutions**  
Food Service Consultants

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## Columbia



Photo from [http://www.planb.com.co/upload/images/2008/9/5/19887\\_191554\\_28.jpg](http://www.planb.com.co/upload/images/2008/9/5/19887_191554_28.jpg)

### Meals:

- **Breakfast:** or *desayuno* is a light meal consisting of a roll or bread with jam and a cup of coffee. Fresh fruit and pastries are also common breakfast items.
- **Lunch:** or *almuerzo* is the main meal of the day. It is common for appetizers to start the meal, followed by a grilled meat dish or a stew. Beans, rice, potatoes, and greens are common lunch sides.
- **Dinner:** or *cena* is a lighter meal consisting of cuts of meat, a serving of soup, or a salad. Cena is usually served around 9:00pm and often lasts past midnight.

### Frequently Used Food:

- **Fruits and Vegetables:** banana, plantain, star fruit, passion fruit, guava, mango, papaya, pineapple, apple, pear, chive, garlic, scallion, yellow potato, red potato, green sweet peppers, tamarillo, avocado, yams

- **Proteins:** beef, chicken, pork, eggs
- **Spices:** cilantro, parsley, guascas, allspice, cinnamon, cumin, sazón goya (mix of garlic powder, Mexican saffron, and cumin), paprika, chiles
- **Oils/Misc:** palm oil, olive oil, butter, honey, cheese

**Ten Regional Favorite Dishes with Links to Interesting Recipes:**

- **Pandebono:** [\[recipe\]](#) [\[images\]](#)
- **Sobrebarriga:** [\[recipe\]](#) [\[images\]](#)
- **Empanadas Colombianas:** [\[recipe\]](#) [\[images\]](#)
- **Fritanga:** [\[recipe\]](#) [\[images\]](#)
- **Hogao:** [\[recipe\]](#) [\[images\]](#)
- **Arroz con Leche:** [\[recipe\]](#) [\[images\]](#)
- **Leche Asada:** [\[recipe\]](#) [\[images\]](#)
- **Ajiaco:** [\[recipe\]](#) [\[images\]](#)
- **Ensalada de Frijol y Maiz:** [\[recipe\]](#) [\[images\]](#)
- **Bandeja Paisa:** [\[recipe\]](#) [\[images\]](#)

**Religion:** 81.8% of the Colombian population identifies as Catholic.

**National Holidays and dietary Requirements:**

- **Maundy Thursday-** The Thursday before Easter commemorates the Last Supper of Jesus Christ with the Apostles. [additional info](#)
- **Feast of Saint Peter and Saint Paul-** A liturgical feast on June 29th that honors the martyrdom of the Apostles Peter and Paul.
- **Battle of Boyacá Day-** Celebrated on August 7th, this day recognizes the battle in which Colombia acquired its independence from the Spanish Monarchy. [additional info](#)
- **Assumption of Mary-** celebrated in mid-August, this feast day pays homage to the Virgin Mother Mary.

- **Independence of Cartagena-** This National Holiday in November celebrates the day in 1811 when Cartagena became the first province to declare independence from Spain. This holiday is illuminated by carnivals, feasts, parades, and a national beauty contest, called the "Concurso Nacional de Belleza". [additional info](#)

**Etiquette:** In Colombia, it is improper to begin eating before the host proclaims "Buen provecho." Meals are eaten with a knife and fork, and utensils should never switch hands during a meal. Also, while not eating, hands are expected to be visible and above the table. It is also extremely rude to rest one's elbows on the table.

**Food History:** Because of its climate, Colombia has been blessed with an incredible agricultural potential, both with livestock and vegetation. Further, Colombia has benefitted from many European influences, including Italy and Spain. Finally, because of its proximity to the Caribbean Sea and the Pacific Ocean, it has adopted many culinary influences from Mexico, Argentina, and Brazil.

**Additional information and acknowledgements:**

<http://southamericanfood.about.com/od/exploresouthamericanfood/tp/Colombian-Food.htm>

<http://multiculturalcookingnetwork.wordpress.com/2009/11/03/historical-influences-on-columbian-food/>

[http://www.traveltheunknown.com/regional-info/colombia/tribal\\_tours\\_people.php](http://www.traveltheunknown.com/regional-info/colombia/tribal_tours_people.php)