



**Photo From:**

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**Meals:**

- **Breakfast:** or *desayuno* is a moderate morning meal that centers on eggs, bread, cheese, milk, coffee, and fruit. Beef and pork dishes are also common during breakfast in Venezuela.
- **Lunch:** or *almuerzo* is the largest meal of the day in Venezuela. Beef and Pork are very common bases for a Venezuelan lunch. Further, most restaurants around the country will have specials during the lunch hours.
- **Dinner:** or *cena* is a lighter meal eaten in the late evening. Pork, goat, beef, and vegetables are common on Venezuelan dinner tables, served alongside rice or bread.
- **Dessert:** or *postre* is common in Venezuela. Most desserts in the country find their base in milk, bread, chocolate, or fruit.
- **[Typical Meals in Venezuela](#)**

### **Frequently Used Foods:**

- **Fruits and Vegetables:** mango, papaya, avocado, orange, banana, coconut, passion fruit, melon, guava, pineapple, tomato, onion, colored pepper, potato, carrot, celery, garlic, broccoli, lemon, lime, spinach, eggplant, corn
- **Protein:** beef, chicken, pork, lamb, egg, fish, black beans
- **Spices:** salt, cumin, oregano, basil, bay leaf, parsley, coriander, pepper
- **Oils/Misc:** vegetable oil, cream, milk, chocolate, coconut milk, cheese

### **Ten Regional Favorite Dishes With Links to Interesting Recipes:**

- **Empanada:** ([recipe](#)) ([images](#))
- **Cachito:** ([recipe](#)) ([images](#))
- **Pabellon Criollo:** ([recipe](#)) ([images](#))
- **Perico:** ([recipe](#)) ([images](#))
- **Arepa:** ([recipe](#)) ([images](#))
- **Tequeno:** ([recipe](#)) ([images](#))
- **Cachapas:** ([recipe](#)) ([images](#))
- **Besitos de Coco:** ([recipe](#)) ([images](#))
- **Quesillo:** ([recipe](#)) ([images](#))
- **Pisca Andina:** ([recipe](#)) ([images](#))

**Religion:** Roughly 92% of the population of Venezuela identify as Roman Catholic.

### **National Holidays and Dietary Requirements:**

- **Epiphany:** Celebrated on January 6<sup>th</sup>, this holiday is a feast that celebrates the visiting of the three Magi. In Venezuela, January 6<sup>th</sup> also commemorates Sports Day.

- **Youth Day:** Celebrated annually on February 12<sup>th</sup>, Youth Day honors the patriotic victory of the Battle of La Victoria, which was led by a group of youth militias under Jose Ribas.
- **Carnival:** Celebrates the final day before the beginning of lent. This holiday is highlighted around the country with festivals, music, dance, family gatherings, extensive costumes, and grand parades. [More on Venezuelan Carnival](#)
- **Independence Day:** Occurring on July 5<sup>th</sup>, this holiday marks the signing of the Venezuelan Declaration of Independence. On this day, the country also honors the country's armed forces.
- **Day of Indigenous Resistance:** This holiday, which honors the anti-Spanish resistance of indigenous Venezuelans, is recognized annually on October 12<sup>th</sup>. This date also used to commemorate the arrival of Christopher Columbus to the Americas. [More on the Day of Indigenous Resistance](#)
- **Christmas Day:** Celebrated on December 25<sup>th</sup>, this holiday celebrates the birth of Jesus. In Venezuela, many traditional foods are eaten during Christmas, including; [Hallacas, Pan de Jamon, and Dulche de Lechosa](#).

**Etiquette:** If you are invited to a Venezuelan's home for dinner, it is polite and respectful to arrive 15 minutes early.

Always keep your hands visible during a meal. When you are not eating, simply place your hands on top of the table, not on your lap or at your side.

Napkins are to be kept on your lap throughout the duration of a meal.

Leave a small amount of food on your plate when you are finished eating. This shows your host that they have provided more than enough food to the guests. [Venezuelan Dining Etiquette](#)

**Food history:** The cuisine of Venezuela has been greatly shaped by Western Europe, in particular Italy, Spain, and France. Further, there is a great amount of indigenous and African influence in the cooking methods and base ingredients. The lush agriculture of the country has created a diverse and flavorful array of fruits, vegetables, and animals that are perfectly translated into Venezuelan cooking. Venezuelan cuisine is highlighted by its high quality meat and intricate methods of cooking, making it a South American food powerhouse.

Additional Information and Acknowledgements:

<http://www.southamerica.cl/Venezuela/Food.htm>

<http://carnaval.com/venezuela/food/>

<http://bakingwithfriends.wordpress.com/2012/01/09/venezuelan-christmas-recipes-hallacas-pan-de-jamon-dulce-de-lechosa/>