

Atla and Tico's newsletter

6th Edition

Gastronomy





Atlántico,

You got this!

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para la
Gente**



GOBERNACIÓN DEL
ATLÁNTICO



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Atla and Tico's adventures

Did you know that there is a fish festival next month in Sabanagrande, Atlántico?

Hello Tico!

Really, I can't believe it!

But don't worry! We will explore together the typical food in Atlántico and its most popular food festivals too.

Hello Atla! No, I didn't. To be honest, I don't know about the gastronomy in Atlántico.

It sounds amazing, Atla. I think that after our adventure in Atlántico's gastronomy, I can share about Florida's typical food, too. What do you think?

Atla and Tico's adventures

I think that it's a wonderful idea, I'd love to know about Florida's gastronomy.

Hello Tico!



GASTRONOMY



Well, let's start our adventure in Atlántico's gastronomy. I can't wait to try its delicious dishes.



Atlántico,

You got this!

Typical food in the coastal subregion in Atlántico

In Atlántico, there is a wide variety of dishes. I will show you the most important ones by each subregion.



Fried fish, coconut rice and patacones

This dish is prepared by cooking white rice in coconut milk, frying mojarra fish and frying flattened green plantains.



Bollo de millo

It is iconic from Tubará and Juan de Acosta, Atlántico. It is made of millet, raw cane sugar, cheese and anise. It is wrapped in bijao leaves.

Retrieved from:

<https://www.eltoquecolombiano.com>



Seafood stew

This casserole is made up of shrimp, squid, octopus, salmon cuts, clams, among others.



Caribañolas

They are usually eaten for breakfast and yuca is the main ingredient. They are stuffed with cheese or ground meat.

Typical food in the central subregion in Atlántico

Wow!
delicious



Pork rind

It is a dish made from the fried pork skin. In this region, it is usually served with yuca. A famous place to find it is in Baranoa, Atlántico.



Egg arepa

They are made of a yellow corn dough, filled only with egg or egg and ground meat, and then fried in hot oil. Luruaco, Atlántico is famous for preparing them a lot.



Pigeon peas soup

It is a thick and filling soup. It is made with salty beef, root vegetables, spices and vegetables.

Retrieved from:

<https://www.mycolumbianrecipe.com>



Bollo de yuca

It is made of yuca, and it is wrapped with corn husks. It is usually served with "chorizo", "butifarra" or pork rind.



So tasty!

Typical food in the eastern subregion in Atlántico



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Guava paste

This delicious dessert is made of guava and sugar, and it is usually eaten with cheese.



Bollo de mazorca

They are corn rolls wrapped with corn husks and then steamed. It is mostly eaten with cheese.

Retrieved from:
<https://www.mycolumbianrecipes.com>



Minced fish, black eyed peas rice and yam salad

It is mostly eaten during Holy Week. The fish is cooked and then stir-fried with some vegetables and the rice is cooked with black eyed peas. Finally, the salad is made of boiled yam in cubes, onion, garlic and lemon.



Shad soup

Shad is a common fish in this region, and it is the main ingredient of this soup, along with some root vegetables and coriander.

**Yummy,
yummy!**

Typical food in the southern subregion in Atlántico



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Colombian corn fritters

This fritter is made of corn, egg, anise, finely chopped onion and salt to taste. It is usually eaten with cheese.



Roasted arenca and yucca

Arenca is a common fish in Suan and Santa Lucía. It is usually fried or roasted, and it is served with boiled yucca or patacones.



Fish and coconut soup

Bocachico or mojarra are the common type of fish used for this soup. It also contains, coconut milk, root vegetables, onions, garlic and coriander.



Ripe plantain porridge

It is made of rice, ripe plantain, milk, sugar and cinnamon. In Suan, people also add pumpkin to this recipe.



Atlántico Food Festival Agenda



Yucca & calabash festival
January-February
in Tubará



Mojarra festival
June- July
in Aguada de Pablo, Sabanalarga

Plum Festival
April
in Campeche, Baranoa



Medlar festival
June
in Polonuevo

Egg arepa Festival
August
in Luruaco



Rice Tamale festival
July
in Pital de Megua, Baranoa



Atlántico Food Festival Agenda



Porridge festival
July
in Rotinet, Repelón



Guava Festival
August – September
in Palmar de Varela



Bollo Festival
October
in Ponedera



Fish Festival
November
in Sabanagrande



Atlántico,
You got this!

Typical food in Florida

These are the most iconic food in Florida. Yummy, yummy!



Key Lime Pie

It is made with fresh limes, egg yolks, condensed milk, and often topped with meringue.

Retrieved from:
<https://www.tripstodiscover.com>



Stone Crabs

This special dish is served cold with tangy mustard sauce for dipping. It is so important that there are strict harvesting regulations to preserve this specie.



Cuban sandwich

It is made of Cuban bread, roast pork, ham, swiss cheese and pickles.

Retrieved from:
<https://www.tripstodiscover.com>



Conch fritters

Conch is a large shellfish that hides delicious meat underneath their shells. Its meat is chopped and fried into fritters.



Now, that you know more about **typical food in Atlántico** choose the right option to the following question:



TRIVIA Time!?

Which dish is mostly eaten during holy week?

- a) Pork rind
- b) Corn fritters
- c) Black eyed peas rice and minced fish

Now, that you know more about
Florida's typical food choose the right
option to the following question:



TRIVIA Time 2!?

Which of these dishes are
made of shellfish meat?

- a) Stone crabs
- b) Conch fritters
- c) Key Lime pie



Eat at least 5 portions of a variety of fruit and vegetables every day.



Reduce sugary foods and drinks.



Do at least 30 minutes of moderate physical activity every day.



Tico's Tips



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Tico's Challenge #4 participants



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ATLÁNTICO



These are all the
outstanding brochures
that we received in the last
Tico's challenge.
Awesome guys! Good job!

Valery Araujo (7-01)
Institución
Educativa Fernando
Hoyos Ripoll
Sabanalarga

Gabriela Roa (7-02)
Institución
Educativa Fernando
Hoyos Ripoll
Sabanalarga



Typical food: Rice Pudding



Ana Rosa Acosta (6-04)
Institución
Educativa Fernando
Hoyos Ripoll
Sabanalarga

Typical Food Fish and Rice



Student

Valery Araujo (701)



Typical Food Carimañola



Tico's Challenge #4 participants



Eremy Troconiz. Grado (702)
IE Francisco José de Caldas
Baranoa



Samuel Marchena (8-02)
IET San Pablo de
Polonuevo
Polonuevo

A DELICIOUS DISH FROM SUAN!!

Hello! My name is Samir Barraza, I am from Suan Township. I'm in eleven grade at Institucion Adolfo Leon Bolivar Marengo.

Today, I going tell you about Suan typical food.

One of the most representative dish here is a fish that we call mojarra.



In our town, there are two ways to prepare this fish, one of them is fried and the other is sweated.



The mojarra is prepared as follow:

First you have to prepare a stew with tomato, onion, paprika, curry and cook it well for a few minutes.

The next step is to blend a coconut in order to get its milk. Put the milk obtained to boil for a few minutes in a pot, then add the mojarra, cover the pot, left cook if ten minutes more and accompany this delicious dish with coconut rice, fried plantains, salad and panela wáter.



You can buy this dish and enjoy with you r family or friends, in some restaurants of the town like: The Mona Mady and Mi hermano y Yo.

Samir Barraza (11°)
IE Adolfo León Bolívar Marengo
Suan

CURIOUS FACTS

- CASABE IS FAT FREE AND RICH IN FIBER.
- THE CASABE CAN BE PREPARED WITH SWEET OR BRAVA (BITTER) YUCA; THE ONE THAT IS MOST TRADITIONALLY USED IS THE BITTER ONE, BUT IT MUST BE PREPARED VERY CAREFULLY IT CONTAINS A HIGH AMOUNT OF CYANIDE.
- THIS YUCCA BREAD HAS A SHELF LIFE OF UP TO EIGHT MONTHS.
- IT CAN BE USED AS A COMPANION TO OTHER FOODS OR EATEN ON ITS OWN
- CASABE IS RICH IN B VITAMINS, WHICH HELP AND PROTECT METABOLISM.



**INSTITUCION
EDUCATIVA
CIEN PESOS
LAS TABLAS**



✉ ieciempesostablas@gmail.com



**TYPICAL FOOD OF
LAS TABLAS
CORREGIMIENTO**

CASABE

There is a delicious and typical food in Cien Pesos y Las Tablas (Repelón) called Casabe. You can accompany it with beef fajitas, avocado and eggs.

What is casabe?

Casabe is an unleavened, crusty, thin, circular bread made from yucca flour.

INGREDIENTS

- 1 Kilogram of yucca
- 1 teaspoon of salt
- 1 tablespoon of oil

Preparation

Peel the yucca and wash it with plenty of water.



Grate the yucca on the finer side of the grater and add the salt.



Then a piece of cotton is used to squeeze the liquid and remove the dough



The dough is placed on a baking tray, the mixture is distributed and stored in the refrigerator for 4 hours.



Take the dough out of the fridge and place it in a non-stick pan, add oil and leave it over medium heat.

Let it cook and turn as soon as the mixture turns to golden.



Finally, if the dough is crispy and breaks easily, this indicates that it is ready



Karelis
Escobar
Castro
(8°)

**IE CIEN
PESOS
LAS
TABLAS
Repelón**

Jared García
(9°B)
**IE Técnica
Agropecuaria
De Luruaco
Luruaco**

TYPICAL FOOD OF LURUACO

AREPA STUFFED WITH EGG



★★★★★
CALIDAD

The egg arepa is a typical dish from the Caribbean Coast that is rooted in Luruaco. It consists of a fried arepa, stuffed with a whole egg.

WHEN AND WHERE CAN YOU EAT IT?

Being a typical Luruaco dish, you can get it at any time of the day, since there are several places for sale. In addition, there is an egg arepa festival that is celebrated in June where many tourists come to taste this product.



WHO DO YOU EAT IT WITH?

It is an ideal product to share with your family and friends.



INGREDIENTS



CORN DOUGH



EGGS



SALT



OIL



BUTTER

CAN IT BE ACCOMPANIED WITH...?

The egg arepa can be accompanied with different drinks such as soda or natural juices.

WHERE CAN YOU BUY IT?

In the municipality there are different places where you can buy it for a value of 2,500 pesos



**WE INVITE YOU
TO TASTE THIS
TYPICAL FOOD
FROM THE
MUNICIPALITY
OF LURUACO.**



**!WE'LL WAIT FOR
YOU!**



Jared García
Técnico Agropecuario de
Luruaco , Grade 9°B

Tico's Challenge #4 participants



Eliseo Osorio Varela (801)
IET SAN PABLO DE
POLONUEVO
Polonuevo

Barranquilla and with it they survive and educate their children. Harvesting the cassava themselves from their homes.




with a delicious fish where Mrs. Matilde

TYPICAL POLONUEVERO DISH THE YUCCA BUN

Polonuevero dish that cannot be missing in your home the yucca bun





You can order it at any restaurant in town and so you can taste this totally Polonuevero product.



combine with everything you want to eat

You can get it in stores and at the homes of the people who make it.



typical polonuevero dish

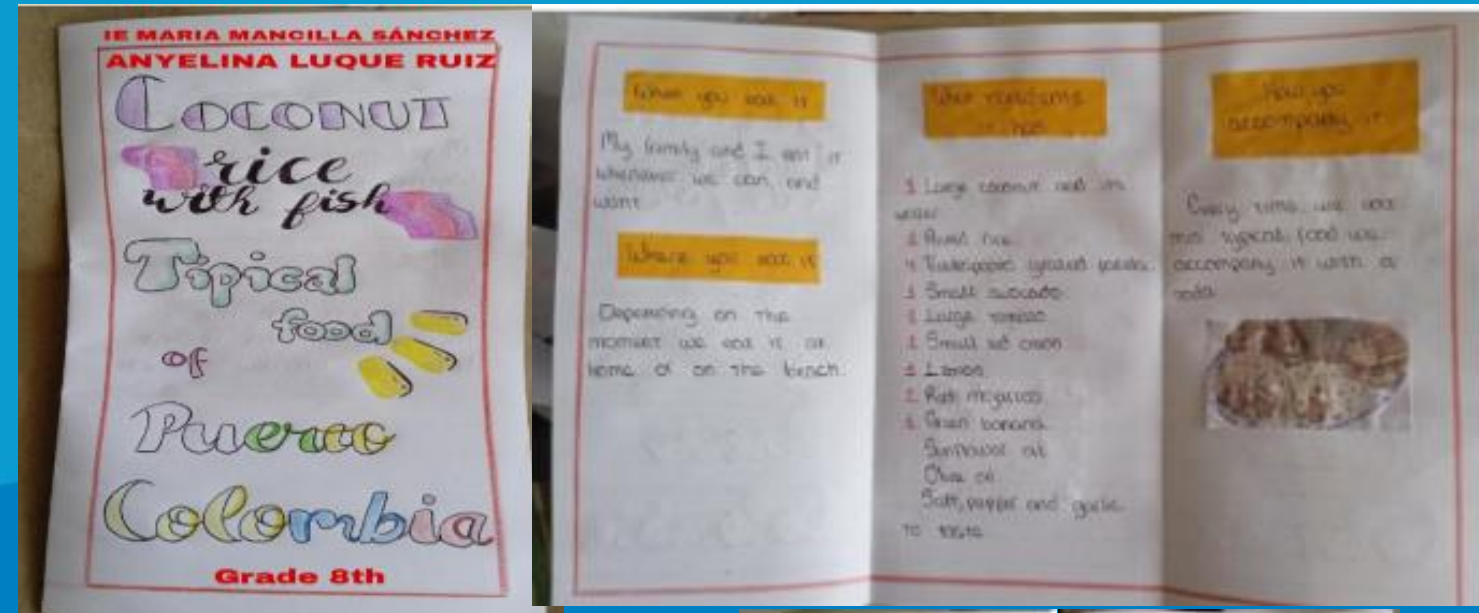
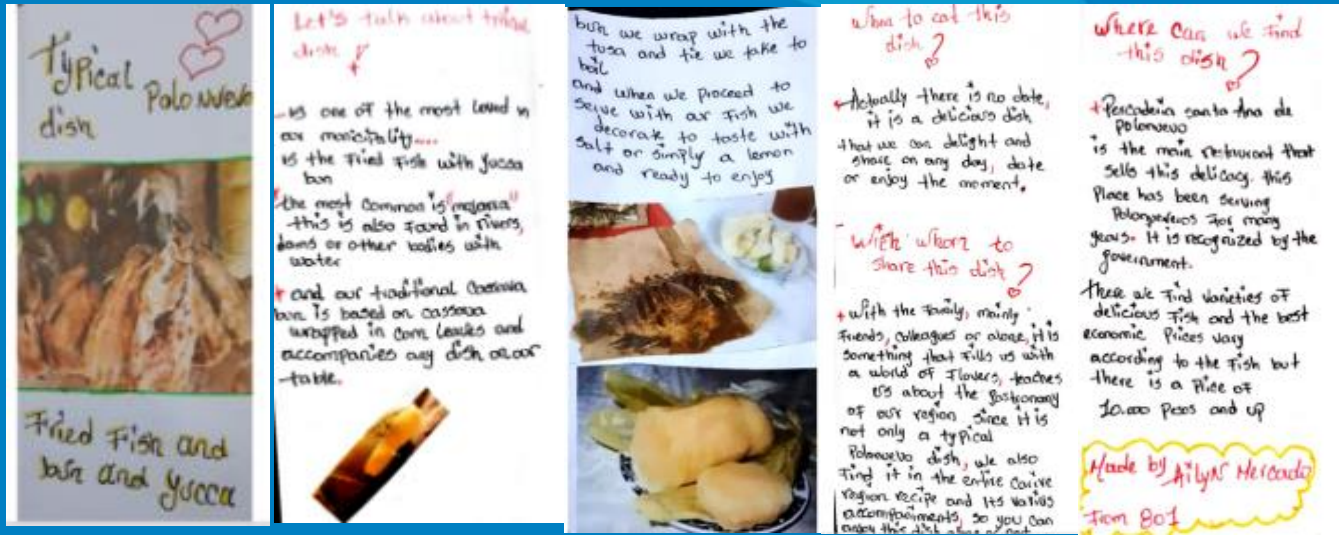


Many families depend on this income, which in turn is very vital since it moves trade from the territory to other sectors of the Atlantic such as

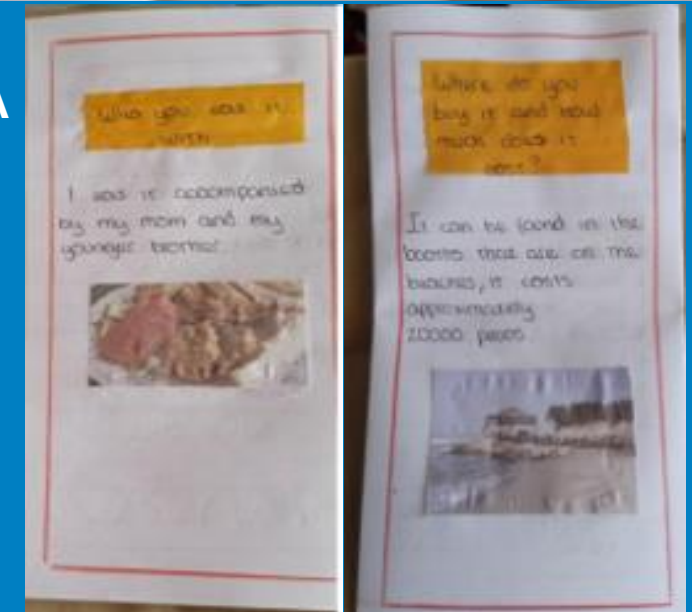
Robert Lubo (805)
IET San Pablo de Polonuevo
Polonuevo

Tico's Challenge #4 participants

Ailyn Mercado (801)
IET SAN PABLO DE
POLONUEVO
Polonuevo



Anyelina Luque (8°)
IE MARIA MANCILLA
SÁNCHEZ
Puerto Colombia



Tico's Challenge #4 participants

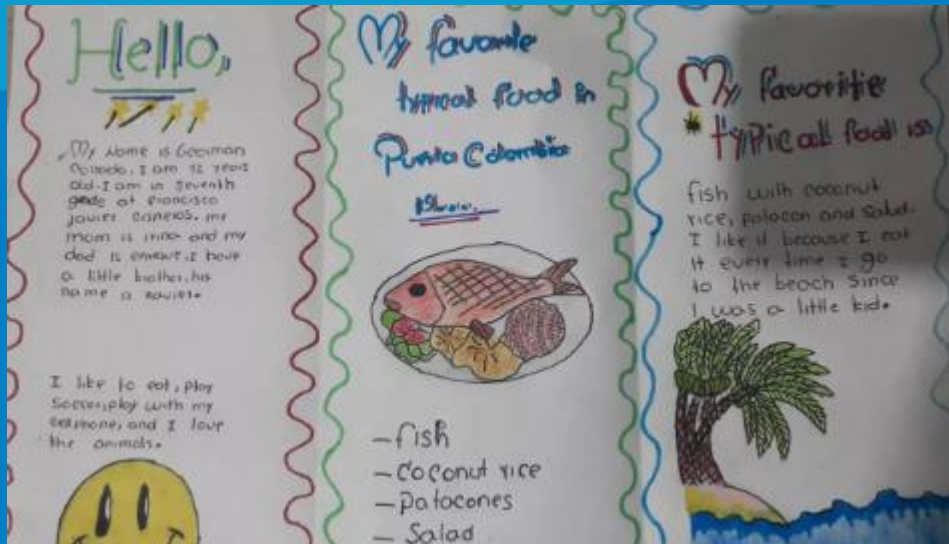


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Sneider Peñate (7°)
IE FRANCISCO JAVIER
CISNEROS
Puerto Colombia

German Collado
Pertuz (7°C)
IE FRANCISCO
JAVIER
CISNEROS
Puerto Colombia



Tico's Challenge #4 participants

My favorite typical food in Puerto Colombia



What is a typical meal like? traditional food, understood as that transmitted from generation to generation, in addition to being its own, relevant and significant for a locality, family or person. is generally analyzed by the social sciences, in particular anthropology, which has been a fundamental pillar in heritagization.



What characterizes Colombian food? Ingredients for characteristics of typical foods in Puerto Colombia. Colombian gastronomy is characterized by the variety of its products and the number of interesting options. It is a multiple, original and versatile kitchen that offers a mixture of colors, flavors and aromas to make any dish full in love.




Here I will show you 3 typical dishes from Puerto Colombia





My favorite typical food

- You can eat this typical dish in Puerto Colombia, I highly recommend pradomar and you will have a nice view of the beach
- Typical fish dish, rice with coconut, lettuce tomato and onion salad, fried bananas and if you want you can put broth




My favorite typical food in Puerto Colombia

MY FAVORITE TYPICAL FOOD IS FRIED FISH COCONUT RICE AND SALAD

La Peña's typical food

Institucion Educativa Tecnica De La Peña



Edwin De Los Reyes 11-01

If you come to La Peña. The restaurants where you can enjoy our typical food in enjoy these typical dishes in the restaurants on the shores of La Peña are:

Perla Bella boardwalk, a delicious fried mignon with fried plantains. - Brisas del Guagiro
 rice with coconut, salad and lemon. - Tico Parrilla.
 - Molecon de Puerto Bello
 - San José de Buenavista

OMG!!!



It looks delicious!!!

We also have sale of raw mignon by kilograms from 8000 pesos

Other products that you can find in La Peña are corn and banana.

Address and phone number

Torre Parrilla



C/S #10-13 323703434

San José de Buenavista



C/S Surra 14 310603112

Molecon de Puerto Bello



C/S Surra 14 3401471217

Edwin de los Reyes (11°-01)
IET DE LA PEÑA
Sabanalarga

Shaday Navarro Marimon (9°A)
IE FRANCISCO JAVIER
CISNEROS
Puerto Colombia



Tico's Challenge #4 winner

Gerard Rafael Escobar G. (6-01)

Institución Educativa
Francisco José De Caldas
Baranoa



See you next
time, guys!



NITE, NITE

Regálanos tu opinión

<https://forms.gle/gq8QsXA3kdxrYXao9>



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