

BEST COLOMBIAN DELICACIES

Colombia is a culturally diverse country influenced by African, Spanish, and indigenous traditions. There are different categories of Colombia dishes which include street food, seafood, and stews or soups. The country is also known for its pride which is coffee making and production. Due to Colombia's high agricultural practices, its meals are a blend of international, urban, and locally sourced ingredients. Below are the best delicacies to try in Colombia

Bandeja Paisa



Bandeja de paisa, also known as the national dish of Colombia is a typical Antioquian meal that has its origin in Santa Fe and Medellin. This rich meal serves as a breakfast and is made up of white rice, plantain, red beans, chorizo, fried egg, chicharron, an arepa, some minced beef, and a slice of avocado or banana. It can also be wrapped in banana leaves and is eaten at traditional festivities.

Sancocho de Gallina



Sancocho originated as a type of traditional Spanish stew. Although the stew is popular in the Eje Cafetero which is the coffee region of Colombia, it is also eaten in surrounding towns. The meal is cooked using yuca, corn, plantain, and potatoes with large pieces of chicken, beef, or fish

immersed in the hot broth. It is typically served with rice and salsa de hierbas (a spicy herb sauce) to make it more appetizing.

Ajiaco



Another delectable Colombian dish is Ajiaco, a perfect meal for the chilled climate of Colombia's mountains. What makes this different from other soups is that it is made with three kinds of potatoes. To get a pleasant taste, the meal is served with avocado slices and sour cream and made with guasca, a local herb to add flavoring.

Arepas



Arepas is a corn-based bread mostly filled with cheese but can also be made with eggs or meat and served with pork sausage for an Antiochian-style meal. Arepas can be made in larger and flatter forms and are commonly eaten with other breakfast meals, lunch, or dinner in farming areas. As street food, it is the perfect go-to meal when walking or in a hurry at any time of the day.

Natilla y Bueñuelos (Custard and Fried Dough)



This is a very popular Christmas party dish in Colombia. The delish custard with lovely form, caramel color, and sweet flavor is achieved by making it with panela. It is usually complemented with buñuelos making it a perfect dessert.

Aborrajado



If you are a cheese and banana lover then you will love this local cuisine. Aborrajado is a mouthwatering food eaten in Cali and Valle del Cauca region. It is made with banana filled with cheese and guava, then fried to achieve its exquisite taste. This dish is so popular that many people travel miles to Cali just to enjoy it.

Mondongo



Lovers of pork will enjoy this particular cuisine. Mondongo is a savory soup dish prepared with well-cleaned soft pork and beef belly cut into small pieces with various vegetables and greens. It is cooked for a long time and garnished with dressings and spices.