

Eating in the Cochabamba area of Bolivia

Cochabamba is known throughout the Andean region for the abundance and taste of its food. The following brief dictionary to foods that can be found in the Cochabamba area is a botanist's attempt to help travellers appreciate, recognize, and identify the vast array of foods they will encounter. I also hope travellers will gain a greater appreciation of what they have in store while visiting Cochabamba. This initial effort is surely not complete. Corrections/additions/suggestions will be appreciated.

Notes for easier use: Q=Quechua language; A=Amara language;

- is written in place of the word that appears first in the entry when multiple entries are given, e.g., see *aceite*, where - *de girasol* means “*aceite de girasol*”;

scientific (Latin) names, consisting of a genus and species name, are underlined——when genus name is followed by “sp.” it indicates that I am not sure of the correct species name;

*designates pork, which travellers should avoid, unless they are sure of its origin and preparation. What we call trichinosis, Bolivians call *triquinosis*, and many people are infected!

a punto—medium done

a la brasa—braised

aceite—oil; - *de girasol*—sunflower oil; - *de oliva*—olive oil; - *de soya*—soy bean oil

aceituna—olive; - *negra*—black olives

acelga—beet greens/beets; Beta vulgaris

achicoria—chicory; Chicorium intybus

achojcha (achokkcha)—no English name; Cyclanthera pedata (cucumber family); grows only in Bolivia and Peru

aderezado/a—with dressing

aderezo—dressing

adobo—marinated; *adobos*—marinades

agridulce—sweet and sour

agua—water; - *de sal*—salt/soda water; - *helada*—ice water; - *mineral con gas/*

- *mineral gaseoso*—mineral water (sparkling); - *mineral sin gas*—without carbonation; - *potable*—drinking water

ahumado—smoked

ají—chili/red/yellow pepper (also refers to the sauce made of these long, thin peppers); Capsicum pendulum; - *molido*—paprika

ají de lengua—tongue (beef) with yellow peppers, peas, and onions; usually served with rice and potatoes on the side

ajipa—probably what we know as jicama/yam bean; Pachyrhizus ahipa (legume family)

ajo—garlic; Allium sativum; *al ajo*—containing whole garlic cloves

ajonjolí—sesame seed

al/a la—with/in the style of

albahaca—basil

albaricoque—apricot

albóndigas—balls of beef, poultry, or fish

alcachofa—artichoke; Cynara scolymus

aliñada—marinated/seasoned/with salad dressing

aliño—dressing

almendras—almonds; *almendrada*—cooked with almonds; Prunus amygdalus

almíbar—syrup

almuerzo—lunch; often with fixed price; the more formal term for the largest meal of the day

amargo—bitter
anacardos—cashews
anchoas—anchovies
andaluza, a la—with red peppers, tomatoes & garlic
añejo—aged
anís—anise/aniseed; Pimpinella anisum
añu—tubers, eaten boiled (other ways?); Tropaeolum tuberosum
aperitivo—appetizer
api(Q)—drink made from powdered corn & cinnamon, served warm; color varies according to the kind of corn used
apio—celery; Apium graveolens
arándano—cranberry
arope—a drink made from the thick layer (called *borra*) at the bottom of any pot or big jar where *chicha* has been prepared with sugar, cinnamon, and cloves added
arroz—rice; dish or soup with rice as main ingredient; - *a la valenciana*—rice with chicken or beef and vegetables (see *majado*); - *caldo*—soup with rice;
- *blanco*—boiled, steamed rice; - *con leche*—rice pudding (a breakfast specialty); - *con pollo*—rice & chicken; -
primavera—rice with vegetables
arvejas—peas; Pisum sativum
asado—roasted
atún—tuna
avellana—hazelnuts
avena—oats/oat meal
aves—poultry
azafrán--saffron
azahar—orange or lemon blossom
azúcar—sugar; brown sugar; - *en polvo/glase*—powdered/granulated sugar; - *morena*—brown sugar
banana—small, yellow banana, eaten raw; bananas are not common in this area
barbacoa—barbecued; see also *porrillada*
barra—bar, as in bar of candy; - *de chocolate*—chocolate bar
batido/a—milk shake
bebidas—beverages; - *alcohólicas*—alcoholic beverages; - *gaseosa*—carbonated drinks; - *refrescos*—soft drinks
berenjena—eggplant; Solanum melongena
berro—watercress; Rorippa (Nasturtium) officinale
beterragas—beets; Beta vulgaris
bi-cervicina—dark, non-alcoholic beer
bien cocido; bien pasado—well done
bife/bistec—beef steak
bizcocho—dry cake made from wheat flour, eggs, sugar, grated coconut and any or all of the following: vanilla, almonds, ground peanuts on top—some special kinds are made and sold only during *Semana Santa* (Holy Week=week before Easter)
blanco—white

blando—soft
bodega—wine or sherry cellar
bolitas—balls
bombón—bonbon
boniato—yam
boquerones—white anchovies
borracho/a—with something alcoholic used in the preparation
botella—bottle
brasa—barbecued or grilled
brazo gitano—sponge cake roll with jam filling
brócoli—broccoli; Brassica oleracea var. botrytis
buñuelo—fried pastry/doughnut
cabello de ángel—angel’s hair pasta; used in soups
cabañitas—small fried fish
cabra—goat
cabrito—kid (small goat)
cacao—cocoa (chocolate)
cacerola—casserole
café—coffee; - *con azúcar*—coffee with sugar; - *con leche*—coffee with milk; - *descafeinado*—decaffeinated coffee; - *negro*—black coffee
calabacín/ calabacita—zucchini
calabaza—pumpkin
caldo—hot soup
caliente—hot
camarero/a—waiter/waitress
camarones—shrimp/prawns
camote—sweet potato, may be purple or yellow; Ipomoea batatas
caña—sugar cane stalk that is chewed
canapé—canape
canela—cinnamon
canelones—cannelloni
caqui—persimmon
caramelo—caramel
cárdamo—cardamom
carne—meat; - *asada*—roasted meat; - **de cerdo*—pork; - *de vaca*—general term for meat from cows; - *molida*—canned pork, used like butter on bread
carnero—mutton or lamb
carta, la—the menu; *menú* is also used
casa, de la—of the house; home made; may be the specialty of the restaurant
casero/a—homemade; also used as a polite word for “customer”; customer may refer to shopkeeper by this name as well
castañas—chestnuts

castellana—bread and garlic soup
cazuela—stew/casserole; - *de cordero*—lamb stew with vegetables
cebada—barley; Hordeum vulgare
cebolla—onion; Allium cepa
cebolin—scallions
cebolinas—chives
cedrón—a tree with aromatic leaves which are used to brew a medicinal tea for stomach aches; Quassia cedron
(Simaroubaceae)
cena—dinner/supper
centeno—rye bread
**cerdo*—pork
cereales—cereals
cerezas—cherries
cerveza—beer
cesta de frutas—basket of fruits
chairo—vegetable soup with wheat berries and *chuños*
charque (Q, A)—sun-dried meat; meat dried with salt; - *kan*—*charque* meat cooked briefly directly in the fire; - *de llama*—from llama
chicha—alcoholic beverage made from corn (maize) and drunk at celebrations large and small; - *kulli* (Q)—*chicha* made from purple maize
**chicharrón*—fried pork rinds
chirimoya—custard apple; Annona cherimola
choclo—what we call corn; also, corn on the cob; see *maíz*
chocolate—chocolate bar
**chorizo*—cured pork sausage and/or chicken (nowadays), seasoned with paprika and garlic
chufly—alcoholic beverage made with *singani*, lemon juice, and lemon/lime soda
chuleta—cutlet/chop
chuños/ch'uñu(Q)—small, very dark, dried potatoes; dried by alternately freezing and thawing and mashing to extract the water; traditional method for storing potatoes
churros—fried breakfast pastry
cidra—cider
ciruela—plum
ciruelas pasas/-secas—prunes
clara de huevo—egg white
claro—light in color
clavo/clavo de olor—clove
cocina casera—home cooking
**cochinita*—chopped pork dish
cocido/a—cooked, boiled, simmered; - *al vapor*—steamed
coco—coconut
cocoa—chocolate

cogollo de palmito—hearts of palm
col de Bruselas—Brussels sprouts
cola—tail
coliflor—cauliflower
comida—meal; family meal (*comida* literally means food)
completo—complete; used to order a sandwich, hamburger or hot dog with all the toppings/salads/sauces
con—with; may be abbreviated as “c” on menus
concentrado—concentrate
condimentos—condiments
conejo de castilla—rabbit
conejo kuwi—guinea pig
confitería—place to get snacks
conserva—used for anything canned; preserve
contrafilete de ternera—veal fillet
copa—a drinking glass
corazón—heart/core
cordero—lamb
corta—made from the first milk that comes after the calf is born mixed with cinnamon and anise
costilla(s)—chop/spare ribs
costra—crust
crema—cream/mousse/purée; - *batida*—whipped cream; - *española*—dessert made from milk, eggs and fruit jelly
crepé—crêpe
criadillas—testicles
croquetas—fish or meat dumplings
crudo—raw
cuajada—pot cheese
cubiertos—set of knife, fork, and spoon
cuchara—spoon
cuchillo—knife
cuenta, la—the check/bill
culandro—cilantro/coriander
cuñapés—a biscuit made of cassava flour and melted cheese, eaten fresh or dried
damasco—apricot; Prunus armeniaca
dátil—date; Phoenix dactylifera
delicias—delicious
desayuno—breakfast
descafeinado—decaffeinated
desnatado—low-fat
despojos—offal
día/del—of the day
diente de ajo—clove of garlic

donats—doughnuts
dulce—sweet
durazno—peach
emborrachada—marinated (means “drunk”)
embuchado—stuffed
embutido—fresh sausage
empanada—small dough turnover filled with various ingredients, but in Cochabamba, mostly cheese; may be baked or fried; see *salteña*
emparedado—sandwich
encurtido—pickle
endibia/endivia—endive
ensalada—salad/rice salad; - *de frutas*—fruit salad; - *mixta*—mixed salad; - *verde*—green salad
entradas—starters/entrées
escabeche—fish, or any meat (especially pork feet and heads), cooked with onions and peppers with vinegar; served cold, although a similar dish is served hot; especially served on Mondays in the afternoon!
escariote—a squash; Cucurbita pepo
escarola—chickory
espaguetis—spaghetti
espalda—back meat
espárrago—asparagus
especialidad—specialty
espina—small fish bone
espinaca—spinach
está cubierto—the tip is included in the charge
estación—in season
estilo de—in the style of
estofados—stewed (stews)
fabricación casera—homemade
fiambres—cold cuts
fideos—noodles/pasta
filete de lomo—tenderloin; - *de res*—beef steak; - *de ternera*—fillet from cow
flan—caramel custard dessert
fresco—fresh/chilled
**fricasé*—pork cooked in a spicy sauce and served with potatoes and corn
frijoles—beans; Phaseolus vulgaris; - *blanco*—white beans; - *greis*—pinto beans; - *negros*—black beans;
- *rojos*—red (kidney) beans
frío/a—cold
frito—fried (adj.)
frituras—fried things (noun)
fruta—fruit
frutilla(s)—strawberries

fuerte—extremely spicy; also rich, or strong
galletas—crackers/cookies/biscuits/bread rolls; - *con relleno*—sandwich cookies
gallina—chicken
gallo—rooster
garbanzos—chickpeas
garapiña—*chicha* with cinnamon ice (and perhaps grated coconut) added; sweeter than *chicha*, so be careful!
gaseosa—carbonated drink
gelatina—jello
girasol—sunflower
granada—pomegranate; *Punica granatum*
grande—large
grasa (noun); *grasoso* (adj.)—fat/fatty
guarnición—garnish/something on the side
guayaba—guava; *Psidium guava*
guineos—small bananas
guisado—casserole/stew/cooked dish
habas—really big broad beans (a variety of fava beans; *Vicia faba*) like you’ve never seen in the U.S! If served steamed, remove the coats before eating.
habichuela—used for all kinds of dried beans
hamburguesa—hamburger
harina—flour: - *de maiz*—cornmeal
helado—ice cream; - *de canela*—cinnamon ice cream (commonly seen!); - *de chocolate*—chocolate ice cream; - *de limón*—sweet lemon ice cream; - *de vainilla*—vanilla ice cream
hervido—boiled; poached
hielo—ice
hierba—herb
hígado—liver
higos/higueras—figs/fig trees; *Ficus carica*
hinajo—dill
hinojo—fennel
hojas—leaves; - *de laurel*—bay leaves
hongos—mushrooms
horno—oven
horno, al—baked in the oven
hortaliza—garden vegetables
hueso—bone
huevos—eggs; - *duros*—hard-boiled eggs; - *pasados por agua*—soft-boiled eggs; - *revueltos*—scrambled eggs
huminta—ground corn wrapped in a corn husk and boiled; slightly sweet; afternoon snack
infusiones—herbal teas
ispi—literally means “fish”; also, tiny fish from Lake Titicaca that were the primary source of protein for Incas
jalea—jelly

jamachipeke—“arrowroot” of the Andes; perhaps Maranta arundinacea

**jamón*—cured ham; - *cocido*—ready to eat ham; - *ahumado*—smoked ham; - *serrano*—resembles prosciutto, sliced very thin

jardinera, a la—served with vegetables

jarra—pitcher

jengibre—ginger

jerez—pale dry sherry

jugo—juice

k'allu/soltero(Q)—salad made of cheese, onion, tomatoes and *quilquiña*

lacayote—squash; Cucurbita ficifolia

laurel, hojas de—bay leaves

lawa(Q)—thicker than usual soup, such as a cream soup; - *de choclo*—corn soup; - *de chuño*—with *chuños*; - *trigo*; with wheat; many other kinds are encountered

leche—milk; - *desnatada*—skim milk; - *entera*—whole milk; - *en polvo*—dried milk

**lechón al horno*—roast pork with sweet potatoes

lechuga—lettuce; Lactuca sativa

legumbres--vegetables

lengua—tongue—try it, you'll like it!

lentejas—lentils; Lens esculenta

levadura—yeast/baking powder/any leavening agent

licor—liquor

licuado—milk shake/fruit juices mixed with water

liebre—hare

lima—large, sweet, juicy, refreshing lime as large as an orange

limón—lemon (often looks and tastes like lime—sometimes it is a lime)

limonada—lemonade

lista de platos—menu; - *precios*—list of prices

llajua—hot pepper sauce (ground *locotos*, tomatoes, *quilquiña*, salt)

llauchas—overstuffed cheese empanadas

locoto—fat, round, hot peppers, green, yellow and orange; Capsicum pubescens. You will never be able to exhaust possibilities for eating peppers as there are numerous varieties (and degrees of heat!). If you are sensitive, taste carefully before you take too much of any pepper sauce! These peppers come in many shapes, sizes, and colors, so pay attention!

locro—corn and meat soup (from La Paz)

lombarda—red cabbage

**lomo*—loin; - *montado*—tenderloin with two eggs on top; served with rice and lettuce salad with tomatoes and onions on top

**lomito*—tenderloin

longaniza—long, spicy sausage

lonja—slice of meat or bread

macarrones—macaroni

maduro—ripe

maíz—dried corn
malta—dark, alcoholic beer
malteada—milk shake
mandarina—tangerine; - *naranja*— mandarin orange; relatively new crop introduced in an attempt to replace coca
mango/a—mango
maní/maníes—peanut/peanuts
manejo—bunch/handful
mantequilla—butter
manzanas—apples
manzanilla—camomile tea
maracuyá—passion fruit; Passiflora ligularis
margarina—margarine
mariscos—seafood
marraqueta—crusty bread roll
más—more
masa—pastry/dough/pasta
mata-hambre—*charque* made from rib meat (unless specifically stated to be llama) with hard boiled eggs, potatoes, and
mote de maíz
mate—any drink made from leaves (herbal teas); - *de anís*—from anise leaves; - *de coca*—coca leaf tea (commonly drunk to prevent altitude sickness); - *de manzanilla*—chamomile tea; - *naranja*—from orange leaves; many other examples—look for them!
mayonesa—mayonnaise
media—half
melón—melon
membrillo—quince; Cydonia vulgaris
menta—mint
menú—menu
menudencia(s)—innards that can be eaten; includes giblets
menudito—chicken and/or beef steak with corn in a spicy sauce; snack or meal; a special dish from Sucre
merienda—snack
mermelada—marmalade/jam
mesa—table
mezclado—mixed
miel—honey
migas—bread crumbs
minestrón—vegetable soup
mixto—mixed (or a combination)
mondongo—sheep stomach cooked in a spicy sauce
mortadela—salami
mostaza—mustard
mote—boiled; -*de maíz*—from dried corn (like our hominy, but grains are much larger); - *haba*—from dried fava beans

mozo—waiter
muy bien hecho—meat well done
muy seco—very dry
muzzarella—mozzarella
nabo—turnip; Brassica napus
naranja—orange
nata—the top layer that coagulates on boiled raw milk; used as a spread on bread or fruit or eaten alone
natural—raw or fresh
nectarinas—nectarines
negro/a—black
no más—no more
nueces (plural)—walnuts
nuez (singular)—English walnut; Juglans regia
o—on a menu means “or”
oca/okka(Q)—elongated tuber; Oxalis tuberosa
olla—clay pot; *a la olla*—stewed in a clay pot
omelet—omelette
oportó—port
orégano—oregano
oscuro/a—dark in color
pacay—large, dark-colored legume from large tree; white sweet pulp around seeds is eaten; Inga feuillei
pacumutu—beef on a skewer
pajaritos—small birds
palmitos—hearts of palm
paloma—pigeon
palomitas—popcorn; see *pipocas*
palta—avocado; Persea americana
pan—bread; *barra de* - —loaf of bread; - *de centeno*—rye bread; - *duro*—hard bread; - *integral*—whole grain bread; -
rallado—bread crumbs
pancitos—rolls
panecillos—rolls/small loaf of bread
panqueques—pancakes
panza—stomach
papas—potatoes; some 112 varieties in Bolivia, in many colors and sizes that are seen nowhere else in the world; often included in dishes with rice or corn; served essentially at any meal except breakfast; - *arrugadas*—older potatoes (means “wrinkled”) that are preferred for some dishes; - *fritas*—french fries;
- *rellenas*—potatoes stuffed with meat or cheese
papa lisa/olluco—no English word, literally “smooth potato”; Ullucus tuberosus; do not confuse with *papas*; even though they look like potatoes, the taste is very different; often included in dishes with rice or corn; very common at meals except breakfast; not eaten directly upon harvesting but are put in the sun for some time before using
papaya—papaya; Carica papaya

papaya japonesa, - *de Santa Cruz*—resembles a small papaya; Jacaratia hassleriana (papaya family)
parrilla, a la—grilled
parrillada—mixed charcoal grill of meats; can include any part of the animal
pasado—done/cooked; - *poco*—rare
pasank'alla—sweet popped corn
pasas—dried fruit/raisins
pastel—pie/cake, but not exactly what we are accustomed to
pastelería—pastry/place to buy pastries
pasteles—pastries
pastelillos/pastelitos (sometimes used as synonyms)—small tarts/cookies/cupcakes
pastilla—candy/piece of hard candy
pata—foot; - *de chanco*—pig's feet
patas de cerdo—pig's feet
patitas de cerdos—pig's feet
pato—duck
pavita—shredded chicken with mayonnaise in a sandwich
pavo—turkey
pechuga—breast of a fowl
pejerrey—king fish; introduced into Lake Titicaca from Canada
p'ejtu(Q) de habas—a dish with *habas* and *charque* of some kind
pepas—seeds
pepinillos—pickles made of cucumbers
pepino—cucumber; Cucumis sativus
pepitas—“seeds”—may refer to any kind of seed, e.g., sunflower/pumpkin seeds
pequeño—small
pera—pear
perejil—parsley; Petroselinum crispum
perro caliente—hot dog
pescado—fish (dead)
pez—fish (live)
picadillo—ground meat
picado/a—chopped
picante—spicy/hot; - *de pollo*—spicy dish of boiled chicken served with boiled potatoes and rice
pichón—pigeon
pie(s)—foot/feet
pimentón/pimiento —used for any sweet pepper, regardless of color; Capsicum sp.
pimentón/pimiento morrón—sweet red bell pepper; Capsicum sp.
pimienta—black pepper
 see *piña*—pineapple
piñones—pine nuts
pipocas—popcorn (more commonly used word)

pique a lo macho—meat, usually sausage (like Vienna), served with onions, french fries, and other vegetables and eaten with mayonnaise and/or catsup on top (or mixed in to make a slurry); beer used for mixing, if it is the accompanying beverage

plancha/a la plancha/planchada—grilled

plátanos—edible banana; - *de freir*—plantains/cooking bananas; fried when no longer green

plato—a dish that one eats/plate that one eats out of

plato Paceño—a dish of *mote de habas* in pods, and *papas* in hot sauce with meat and fried cheese; don't eat the fava bean pods or seed coats

plato típico—a dish typical of the area

platos a la carta—special dishes in a restaurant (usually more expensive)

platos combinados—combination plates

poco cocido/ - hecho/ - pasado—rare; not recommended! No rare meat is recommended.

pollito—young chicken

pollo—chicken; the main meat eaten in Bolivia because it is less expensive; encountered in about every way it is possible to fix

pomelo—grapefruit

por favor—please

porción—small helping/portion; slice of cake or pastry

porotos—dried beans of any kind, often cooked with onions and a little tomato or sweet pepper

postres—desserts; don't confuse this with “pastries” although they may be the *postre* that you prefer

pre-pizza—flat bread such as can be used for making pizza

primer plato—starter

propina—tip; *no incluido* - —tip not included

puchero—dish especially served at Carnival; individual servings layered on the plate as follows: “Irish” potatoes/cabbage/meat (beef/pork/mutton mixture)/sliced fruit (peach/pear)/overcooked rice that “flows” over the underneath layers/garbanzos with yellow *aji* on top

pudín—pudding

puerco—pork

puerro—leek; Allium porrum

pulpa—slice of beef (leg near hip)

puré de papas—mashed potatoes

queque—cake

quesillo—white, mild cheese made by rural people

queso—cheese; *con* - —with cheese; - *de cabra*—goat cheese; - *de oveja*—mild, salty sheep cheese; - *del país*—local cheese; - *paceño*—somewhat salty, soft, fresh cheese made from sheep milk

quilquiña—aromatic, pungent native herb; Porophyllum ruderale (daisy family)

quinoa—*quinua*; Chenopodium quinoa; one of the “lost grains of the Incas” that is gaining in popularity in the U.S.

rabanitos—very small radishes; Raphanus sativus

rábano—radish; - *picante*—horse radish; Armoracia rusticana

rabo—tail

racimo—a bunch (as a bunch of grapes)

raciones—large portion; usually said of snacks
raíz—root
rallado—grated
raviolos—ravioli
rebanada—slice
rebozado—coated with breadcrumbs (or flour) and egg, and fried
recargo—extra charge
refrescos—soft drink/cool drink
regular—medium well done meat
rehogado—sautéed
rellenos—stuffed/filled; *e.g.*, - *de achojcha*—stuffed *achojcha* ; - *de locoto*—stuffed hot peppers; - *de papa*—stuffed potatoes (most common)
remolachas—red beets; Beta vulgaris
repollo—cabbage; Brassica oleracea var. capitata; - *para ensalada*—red cabbage
repostería de la casa—desserts that are house specialties
requesón—curd cheese but drier than cottage cheese
revueltos—scrambled eggs; - *mixto*—scrambled eggs with vegetables
riñón—kidney
rodizios—restaurants serving charcoal steaks along with other meats
rojas--red
rollitos—small filled rolls
rollo de carne—meat loaf
romero—rosemary
rosado—rosé wine
rosbif—roast beef
rosca—doughnut
rosquilla—doughnut, usually glazed
sacarina—saccharin
saice—a spicy beef broth served with rice and *chuños* or *papas* and tomatoes and onions
sajta de pollo—chicken served in *ají*; - *de papa lisa*—with *papa lisa* as a main ingredient
sal—salt
saladitos—salted appetizers
salado—salted
**salchicha*—hot dog made from pork sausage
salmuera—in brine
salsa—sauce/salad dressing, *e.g.* - *italiana*—italian dressing; salad of finely-diced tomatoes, onions, and *locotos*
salteado/a—sautéed
salteña—meat (chicken or beef) cooked with any or all of the following: onions, peas, potatoes, an olive, raisins, a slice of egg in a spicy sauce, inside a baked dough; looks like a puffy empanada; mostly eaten as a snack in the mid-morning, although they may be for sale throughout the day in some places outside Cochabamba. Everybody has a favorite place to eat these!

salvado—bran
salvia—sage
sandía—watermelon; Citrus vulgaris
sandwich—sandwich
sartén, en—from the frying pan
seco—dry
segundo—main course
semi-dulce—semi-sweet
semillas—seeds
sencillo—plain
servicio—service
servilleta—napkin
sésamo—sesame
sesos—brains
setas—mushrooms
silpancho—beef, sliced thin, breaded, and fried, placed on sliced, slightly-fried potatoes and rice and served with a fried egg on top; served with tomatoes, *locotos*, and onion salad. El Palacio del Silpancho, a restaurant that serves only this dish, is always crowded.
singani—alcoholic beverage distilled from grapes
sin—without; - *gas*—without carbonation; - *grasa*—lean
sofreído—sautéed
sofrito—onions fried with garlic/sautéed
sopa—soup; always served as first course at midday meal; the diversity is so great that it is impossible to taste all of them; often have whole *papas* in them; - *clara*—consommé; - *de maní*—roasted peanut soup served with *papas fritas* on top; - *de arroz*—soup with rice base; - *espesa*—thick soup
sopita de arroz—soup with a rice base
sorbete—sorbet/cold fruit drinks
soya—soy
suave—soft
suero—whey
sufilé—soufflé
surtido—assorted
surubí—a freshwater fish
suspiros—dry merangues
tajada—slice
tallarines—noodles
tamarindo—tamarind; Tamarindus indica
tarhui/tarwi/tauri —lupine seeds; Lupinus mutabilis; used to make snack foods resembling crackers
taza—cup
té—tea; - *helado*—iced tea
tenedor—fork

ternero/a—calf
temperatura ambiente—at room temperature
temporada, de la—of the season; - *fruta*—fruits in season
típico—typical
tisanas—herbal teas
**tocino*—bacon
todo incluido—all inclusive (price and service)
tojorí—thick porridge of black *maíz*, milk, and cinnamon
tomate—tomato
tomillo—thyme
tónica—tonic
toro—bull
toronja—grapefruit
torta—cake/breakfast roll topped with sugar
tortuga—turtle. Neither turtle nor turtle eggs should be eaten by anyone who cares about endangered species.
tostado—toasted
tostado de cereals—drink made from powdered barley, corn, and wheat, and vanilla
trigo—wheat; *Triticum aestivum*
triguillo—wheat soup
trimate—tea containing *coca*, *manzanilla* and *anis*; said to be a digestive aid
tripa(s)—tripe
tuétano—bone marrow
tumbo—small passion fruit
tuna—prickly pear fruit; also called cactus pear; *Opuntia ficus-indica*; - *blanca*—*O. arcei*
ulupica—tiny, pea-sized pepper that will burn your lips!
utensilio—utensil
uvas—grapes; - *pasas*—raisins
vaca, carne de—beef
vaca salada—corned beef
vainilla—vanilla
vainitas—green beans
vapor—steamed
variado—assorted
vaso—glass, large or small
vegetales—vegetables
vegetariano—vegetarian
venado—veal
verde—green
verdolaga—plant used for greens; *Portulaca oleracea*
verduras—green vegetables
vinagre—vinegar

vinagreta—vinaigrette

vino—wine; - *al tinto*—baked in a red wine sauce

yacón/llacon/aticuma—tubers of *Polymnia edulis*

yema (del huevo)—yolk of an egg

yerba buena—herb used for flavoring; *Satureja douglasii*

yerba mate—herbal tea

yogur—yogurt

yuca—cassava; *Manihot esculenta*

yungeño—drink made with orange juice and *singani*

zanahorias—carrots; *Daucus carota*

zapallo—pumpkin; *Cucurbita maxima*

zumo—juice