

TYPICAL CHILEAN FOOD

The following lists contain the most common food you will find in Chile. You will find a more extensive list with photos on our website: www.southamerica.cl
Tick each one that you have eaten or seen!



Chilean Seafood

- Almejas con Limón:** raw clams with lemon juice.
- Caldillo de Congrio:** conger-eel soup with onions, potatoes and carrots.
- Ceviche:** minced raw sea bass in lemon juice.
- Congrio Frito:** deep-fried conger eel.
- Chupe de Locos:** abalone bread pudding.
- Empanada de Mariscos:** turnovers filled with chopped seafood, onions and seasoning.
- Machas a la Parmesana:** parmesan cheese raisor clams.
- Mariscal:** cold soup with all kinds of raw seafood.
- Ostiones a la Parmesana:** scallops on the shells in melted butter and covered with grilled Parmesan cheese.
- Piure:** Sea Squirts that are a dark red colour and with a very distinct strong flavour. Often eaten with diced onion, coriander and lemon. Best eaten near Chiloé.

© 2011 www.southamerica.cl

Typical Chilean Food

- Empanada de Pino:** typical turnover filled with diced meat, onions, olive, raisins and a piece of hard-boiled egg, baked in earthen or plain oven.
- Empanada de Queso:** turnover filled with cheese.
- Pastel de Choclo:** Ground corn and meat, chopped onions small pieces of chicken, pieces of hard boiled egg, olive raisins - baked in oven. Similar to a shepherd pie.
- Arrollado de Chancho:** Chunks of pork wrapped in pork fat smothered in red ají (chili).
- Bistec a lo pobre:** steak, French fries, fried onions, topped with a couple of fried eggs.
- Carbonada:** meat soup with finely diced beef and all kinds of vegetables such as potatoes, onions, carrots, broccoli, green pepper and parsley.
- Chancho en Piedra:** typical Chilean seasoning. Tomatoes, garlic, and onions grounded together in a stone.
- Charquican:** ground or diced meat cooked with garlic, onions, potatoes and pumpkin all mashed.
- Cazuela de Ave:** chicken soup with pieces of meat, potatoes, green beans or peas, rice or noodles.
- Cazuela de Vacuno:** beef soup with pieces of meat, potatoes, corn on the cob, carrots, onions, green beans, garlic, chunks of pumpkin, rice or noodles.

© 2011 www.southamerica.cl

TYPICAL CHILEAN FOOD

Chilean Sandwiches

- Aliado:** ham and cheese sandwich.
- Ave Mayo:** diced chicken meat & mayonnaise.
- Ave Palta:** diced chicken meat & mashed avocado.
- Ave Pimienta:** diced chicken meat & red pepper.
- Barros Jarpa:** grilled cheese & ham on white bun.
- Barros Luco:** grilled cheese & meat on white bread.
- Chacarero:** sliced meat, green beans, chili & tomatoes.
- Churrasco:** beef sandwich.
- Churrasco con Tomate:** thin sliced meat & slices of tomato on white bun.
- Churrasco con Palta:** thin sliced meat, mashed avocado on white bun.
- Completo:** hot dog with all kinds of trimmings: mayonnaise, tomatoes, onions, dilled pickles sauerkraut, etc.
- Especial:** hot dog with tomatoes.
- Italiano:** hot dog with avocado, tomatoes & mayonnaise
- Hamburguesa:** hamburger patty. It isn't always served between buns.
- Lomito Completo:** sliced pork meat with sauerkraut, mustard, mayonnaise, ketchup.
- Pan Amasado:** homemade bread.

© 2011 www.southamerica.cl

Typical Chilean Food

- Costillar de Chancho:** baked spare (pork) ribs.
- Curanto en Hoyo:** a typical dish from the south of Chile. Prepared by heating fish, seafood, potatoes, some meat, milcaos and types of bread over red hot rocks in a hole in the ground. The food is wrapped in leaves and then covered with dirt so it slowly cooks over hours.
- Curanto en Olla:** same as above but cooked in a pot.
- Ensalada a la Chilena:** sliced tomatoes and onions with an oil dressing.
- Humitas:** boiled corn leaf rolls filled with seasoned ground corn.
- Palta Reina:** avocado filled with tuna fish or ham covered with mayonnaise and served on lettuce leaves.
- Parrillada:** different kinds of meat, sausages and sometimes entrails grilled over charcoal and served with potato salad or rice.
- Pebre:** seasoning of tomatoes with chopped onion, chili, coriander, and chives. Usually served in a little clay dish.
- Pernil:** boiled whole hock (ham).
- Porotos Granados:** fresh bean dish with ground corn and pieces of pumpkin served hot.
- Prietas:** Blood sausages.
- Sopaipilla:** a flat circular deep fried 'bread' made of pumpkin and flour.

© 2011 www.southamerica.cl