Typical Chilean Food

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 in cream.
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 grated 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.

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.

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Empareda de Pino: typical turnover filled with diced meat, onions, olive, raisins and a piece of hard-boiled egg, baked in earthen or plain oven.
Empareda de Queso: turnover filled with cheese.
Pastel de Choco: 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.
Chanco 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.