

On December 15, 2025, teacher Leonor gave a presentation titled “**Traditional Guatemalan Christmas Food**.” The presentation explained that the most traditional Guatemalan Christmas food consists of ponche (a warm fruit punch), tamal colorado (red tamales), and tamal negro (black tamales), but that baked turkey and roasted ham are also important, creating a rich blend of ancestral and modern recipes that are not only part of the Christmas celebration but also symbolize an act of identity and family unity.

Objectives:

1. To show what dishes we serve at our tables for Christmas and New Year's dinner in Guatemala.
2. To have students share what they eat in their own countries for Christmas dinner.

Ponche:

Guatemalan ponche is a traditional drink made with fruits such as pineapple, papaya, plantain, coconut, and apple, and spices such as plums, raisins, and cinnamon. It was adapted in Guatemala during the colonial era. This punch is served hot during the Christmas and New Year festivities.

The Red Tamal:

This is a traditional Guatemalan dish, especially popular during the Christmas and New Year holidays. It is made with corn dough and a meat filling covered with recado (a mixture of tomatoes, chilies, and spices), then wrapped in Maxán and banana leaves. It can be eaten with bread and lime.

The Black Tamal:

This is a traditional Guatemalan dish, very popular during the Christmas and New Year celebrations. It is characterized by its sweet flavor from the chocolate and other spices.

The Baked Leg:

The pork leg is another favorite dish, especially popular during the Christmas and New Year holidays. It is characterized by its juicy flavor, the combination of spices, and its slow baking.

The Baked Turkey:

In Guatemala, also known as Chompipe or Chunto, this is a traditional Guatemalan dish during Christmas and New Year. It is characterized by its juicy and crispy flavor, marinated with a mixture of spices and oven-baked.