

On June 16, 2025, teacher Leonor gave the presentation. **“Traditional and Street Foods of Guatemala - Part 2”** The presentation explained that typical and street foods of Guatemala are the result of the fusion of two cultures, the Mayan and the Spanish. By combining some traditional dishes with Mayan roots and knowledge of Spanish culture, typical and street foods of Guatemala emerged.

Objectives:

1. To introduce some of the dishes traditionally eaten during Lent and Holy Week in Guatemala.
2. To invite students to fearlessly try these delicious recipes at home.

History of Fish a la Vizcaína:

Fish a la Vizcaína is much more than a recipe: it's a culinary heritage that has lasted for generations in Guatemala during Holy Week. Although it originates from the Basque Country (a Spanish autonomous community), it has been adapted in Guatemala since colonial times. On Good Friday, red meat is not eaten due to the Catholic tradition that prohibits its consumption as an act of penance, which is repentance for sins, and meditation, which is removing oneself from the hustle and bustle to seek reflection. This day commemorates the death of Jesus, calling it a day of mourning and abstinence from red meat, as a symbol of sacrifice and humility.

History of Travel Tamales:

Travel tamales date back to pre-Hispanic times, when they were used as travel food by Mayan warriors. This food was part of the daily diet of many inhabitants during the colonial era.

History of Honey Molletes:

In Spain, molletes are a type of bread, but in Guatemala, they evolved into a delicious sweet dessert. Guatemalan molletes are a clear example of how traditional cuisine can reflect a country's history and culture.

Sinónimos:

Sumergir - Meter - Colocar - Poner

Amasar - Masar

Rebanar - Tajar - Partir

Agregar - Añadir - Incorporar - Unir

Mezclar - Revolver

Synonyms:

Dip - Put - Place - Put

Knead - Knead

Slice - Slice - Break

Add - Add - Incorporate - Join

Mix - Stir