



Building a Plate in Panama

PROTEIN OPTIONS

- *Ceviche*: Fresh seafood flavored with lemon or lime, seasoned with different herbs, hot peppers, or olives.
- *Sancocho*: Chicken soup often served with a side of rice.
- *Black Beans*: Often served with rice and pork or as a side dish. Beans are a staple in the Panamanian diet.
- *Mondongo*: Beef or pork stew with peas, potatoes, chickpeas and other steamed vegetables.
- *Rondón*: Common on the Caribbean coast and contains fish, yams, peppers, onions, coconut milk and other fresh herbs to create a hearty soup



CARB SOURCES

- *Arroz*: Rice is included in most dishes served throughout the day. It is seasoned with fresh herbs and served with vegetables and a meat source.
- *Guacho*: A soupy rice dish made with various types of broth such as, chicken, seafood, and pork.
- *Yucca Cakes*: Traditionally served for breakfast or lunch and can be sweet or savory. Made with boiled yucca (similar to a potato) and often stuffed with meat or veggies.
- *Hojaldre*: Fried dough traditionally served for breakfast with eggs, ham, and cheese.
- *Corn Tortillas*: A classic cultural food that is served with any meal with meat and vegetables.



FRUIT & VEGGIES

- *Plantains*: Can be baked and served sweet or savory as a starchy vegetable.
- *Yucca*: A root vegetable commonly used in soups, stews, and as a side dish.
- *Mangoes*: A sweet fruit that can be eaten alone or in a mango salsa on top of a dish.
- *Pineapples*: Fresh, juicy fruit that is a great source of hydration and is commonly mixed in with salads, salsas, and other dishes.
- *Zapallo*: a squash that is typically made into a soup or other side dish.



DESSERTS & SNACKS

- *Arroz con Leche*: Creamy rice and milk dish, spiced with cinnamon.
- *Cabanga*: Traditional Panamanian dessert with green papaya, coconut, honey, and brown sugar.
- *Empanadas*: Made with either wheat or corn flour and often stuffed with beef.
- *Tamales*: Corn dough stuffed with chicken or pork and wrapped with a banana leaf.

SIGNATURE DISHES



Patacones

Served as deep fried side, patacones are green mashed plantains that are deep fried to a golden crisp. They are shaped as a scoop and are perfect for eating guacamole, beans or pico de gallo. This side pairs well with grilled fish or chicken.

Sancocho

Sancocho is a staple dish in many Panamanian households, made with only chicken, yucca, cilantro, water, and salt. Many people add onions, celery, oregano, and other vegetables and spices. Sancocho is commonly served with a side of rice.



Ropa Vieja

In Panama, Ropa Vieja is a shredded beef dish cooked with onions, peppers, tomatoes, and a variety of spices. The name Ropa Vieja translates to “old clothes,” the dish is named this way because the shredded meat often resembles torn clothing. It is commonly served with a side of rice, black beans, olives, and plantains.

Hojaldre

Hojaldre is the Panamanian equivalent of fried dough. It is made only using a few ingredients such as flour, salt, baking powder, oil, and water. Hojaldre is typically eaten at breakfast or as a street food with cheese, eggs, and stewed sausage.

