

Popular Ecuadorian Dishes



Fanesca Soup

Ecuadorian Fanesca soup is typically prepared and served during Holy Week (the week before Easter). It is prepared from many different legumes, gourds, pumpkin, milk, and salted cod.

Humitas

Humitas are made using fresh corn, which is ground with other ingredients and then stuffed in a fresh corn husk and steamed. In Ecuador, humitas are very popular in the Sierra or Highland region, especially in cities like Loja, Cuenca or Quito, and they are typically eaten for breakfast or with afternoon coffee.



Guagua de Pan & Colada Morada

On November 2nd families gather around the graves of their loved ones and enjoy a graveside picnic of colada morada and guaguas de pan. The preparation of these ritual foods has traditionally been a family event in and of itself. Women sit around communal tables preparing the ingredients and reminiscing about their loved ones. Guaguas de Pan, or bread babies, is a sweet bread baked in the shape of babies, dolls, or animals. These shaped bread loaves symbolize honoring the dead and removing negative energy.



Hornado

Hornado is roast pig, cooked whole. It is often served in highland markets. Hornado is generally accompanied by llapingachos, mote, and vegetables.



Ceviche de Camaron

Ceviche de camaron is one of the most popular Ecuadorian ceviches. It is usually made from fresh raw fish that is cured in citrus juices; however, it can also be made with shrimp and/or octopus. It is often eaten as an appetizer.



Bolon de Verde

Bolon de verde is made with mashed cooked green plantains stuffed with cheese and/or chicharron (Ecuadorian deep-fried fatty pork). Popular in the coastal regions of Ecuador, they're shaped into fist-sized balls and then deep-fried till crispy. Bolon de verde is generally served with hot sauce, avocado slices, tomatoes, and a fried egg.

Explore the Ecuadorian Aisle



Achiote Vegetable Oil



Sabora Seasoning



Aliño Seasoning



Humitas



Ecuadorian Style Cheese



Peeled Giant Corn



Plantain Strips

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APRIL ABRIL 2023

SUNDAY DOMINGO	MONDAY LUNES	TUESDAY MARTES	WEDNESDAY MIÉRCOLES	THURSDAY JUEVES	FRIDAY VIERNES	SATURDAY SABADO
						1 April Fool's
2 Palm Sunday	3	4	5 Passover	6	7 Good Friday	8
9 Easter	10	11	12	13	14	15 Tax Day
16	17	18	19	20	21 Ramadan Ends	22 Eid-al-Fitr Earth Day
23	24	25	26 Administrative Professionals Day	27	28	29
30						