

Honduran Gastronomy Honduran Cuisine Honduran Recipes



[DOWNLOAD HERE](#)

ebookslatinos.weebly.com One of the best ways to capture the flavor of Honduras is through its exquisite food. Succulent, well-seasoned dishes are prepared throughout the country and are among the proudest traditions of the Honduran people. This is why I would like to take this opportunity to share with those of you lovers of fine Honduran cuisine and culinary art, this ebook (electronic book) called The Beauty of Honduran Cuisine (in English) which contains a recompilation of the most typical and traditional Honduran

recipes. Once your payment is received through Paypal, automatically you will receive an email containing the link where you will be able to download your ebook as a PDF file with easiness. If for any reason you do not feel satisfied with the purchase, you may write to me at ebooksLatinos@yahoo.com and I will gladly reimburse your money, so you got nothing to lose. Enjoy these delicacies and share them with friends and family! With this said, I would like to wish you, buen apetito! Here you can see what this recipes ebook offers you! Contents:

1. Arroz con Leche (Rice Pudding)
2. Arroz con Pollo (Rice with Chicken)
3. Atol Agrio (Sour Corn Beverage)
4. Atol de Elote (Hot Corn Beverage)
5. Atol de Maicena (Hot Corn Starch Beverage)
6. Atol Shuco (Black Maize Beverage)
7. Baleadas (Corn Tortillas Stuffed with Cheese and Beans)
8. Batido de Naranjas (Orange Shake)
9. Budin de Platano (Plantain Pudding)
10. Capirotadas (Cheese and Cornmeal Balls)
11. Caracoles Fritos de Roatan (Roatan Conch Fritters)
12. Catrachitas (Traditional Honduran Tostadas)
13. Ceviche de Camarones (Shrimp Ceviche)
14. Ceviche de Caracol (Conch Ceviche)
15. Ceviche de Pescado (Fish Ceviche)
16. Chancletas (Pumpkin Dish)
17. Chilate (Hot Corn Beverage)
18. Chile con Pollo (Chicken Chili)
19. Chimol (Tomato, Green Pepper, Onion and Cilantro Salad)
20. Chismol para las Pupusas (Salad for the Pupusas)
21. Choco-Bananos (Frozen Bananas Covered with Chocolate)
22. Conserva de Coco (Coconut Sweets)
23. Coyoles en Miel (Coyoles in Syrup)
24. Curry de Caracoles Exoticos (Exotic Curry Cunch Chowder)
25. Dulce de Manzanas (Apple Sweets)
26. Dulce de Mazapan (Sweet Milk Treat)
27. Dulce de Naranjas (Orange Sweets)
28. Dulce de Palmito (Palm Heart Sweets)
29. Dulces de Tamarindo (Tamarind Sweets)
30. Duraznos en Miel (Peaches in Syrup)
31. Dulce de Leche (Caramelized Milk Treat)
32. Enchiladas Hondureas de Res (Honduran Beef Enchiladas)
33. Enchiladas Hondureas de Pollo (Honduran Chicken Enchiladas)
34. Espumillas (Egg White Treat)
35. Flan de Coco (Coconut Flan)
36. Flan de Leche (Caramel Custard)
37. Fresco de Arrayn (Arrayan Drink)
38. Fresco de Horchata Tradicional Hondurena (Traditional Honduran Horchata)
39. Fresco de Horchata de Arroz (Rice Horchata Drink)
40. Fresco de Maracuy o Fruta de la pasin (Fruit Passion Drink)
41. Fresco de Tamarindo (Tamarind Drink)
42. Guacamole Hondureno (Honduran Guacamole)
43. Hiy (Garifuna Refreshing Drink)
44. Huevos Con Salsa De Chiles (Eggs Poached in Chili Sauce)
45. Jalea de Guayaba de Roatan (Roatan Guava Jam)
46. Jugo de Papaya (Papaya Juice)
47. Langosta a la Hondurena (Honduran Style Lobster)
48. Macheteadas (Flour Fritters)
49. Machuca (Garifuna Smashed Plantains)
50. Mango Chutney (Mango Dessert)
51. Mangos en Miel (Mangoes in Syrup)
52. Mangos Horneados de Roatan (Roatan Baked

Mango Dessert) 53. Marquesote (Sweet Bread) 54. Mermelada de Pia para Pastelitos de Pina (Pineapple Marmalade for Pineapple Pies) 55. Mistela (Honduran Traditional Drink) 56. Montucas (Corn Tamales) 57. Nacatamales (Honduran Tamales) 58. Nances en Miel (Nances in Syrup Dessert) 59. Nugados de Yuca (Yucca Fritters) 60. Pan de Banana (Banana Bread) 61. Pan de Coco (Coconut Bread) 62. Pan de Elote (Corn Bread) 63. Pan de Yema (Yolk Bread) 64. Pan de Yuca (Cassava Bread) 65. Panqueques de Pltanos (Plantain Pancakes) 66. Pastel de Limn (Lemon Cake) 67. Pastel de Zanahorias (Carrot Cake) 68. Pastel de Carne (Meat Pie) 69. Pastel de Leche (Milk Pudding Pie) 70. Pescado al Ajillo (Fish with Garlic) 71. Pescado Frito con Tajadas de Pltano (Fried Fish with Plantain Chips) 72. Pia en Miel (Pineapple in Syrup) 73. Pltanos en Gloria (Plantains in Glory Dessert) 74. Pltanos en Miel (Plantains in Syrup Dessert) 75. Pltanos Fritos (Fried Sweet Plantains) 76. Pltanos Horneados (Baked Sweet Plantains) 77. Pollo en Salsa a la Hondurea (Honduran Chicken In Sauce) 78. Pollo con Arroz y Vegetales (Chicken with Rice and Veggies) 79. Pollo Horneado Hondureo (Honduran Baked Chicken) 80. Pollo Sancochado (Boiled Chicken) 81. Ponche de Frutas Caliente (Hot Fruit Punch) 82. Ponche De Pina Navideno (Christmas Pineapple Punch) 83. Preparando los Caracoles (Preparing Conch) 84. Pupusas 85. Quesadilla Hondurena (Honduran Cheese Bread) 86. Relampagos (Pastry with Cream Filling) 87. Rguas (Corn Patties in Plantain Leaves) 88. Rompopo (Honduran Eggnog) 89. Salpicn (Chopped Beef Meat) 90. Salsa de Mango (Mango Sauce) 91. Salsa de Mango y Aguacate (Mango Avocado Sauce) 92. Semita (Layered Bread with Pineapple Marmalade Filling) 93. Sopa de Albondigas (Meatballs Soup) 94. Sopa de Capirotadas (Cheese and Cornmeal Balls Soup) 95. Sopa de Frijoles Negros Estilo Hondureo (Honduran Style Black Bean Soup) 96. Sopa de Mondongo (Tripe Soup) 97. Tabletas de Coco (Baked Coconut) 98. Tacos Hondurenos (Honduran Tacos) 99. Tajadas (Fried Plantains) 100. Tamales de Elote (Corn Tamales) 101. Tamales Pisques (Pisque Tamales) 102. Tapado de Pescado (Fish Soup) 103. Tapao (Garifuna Tapao) 104. T de Pina (Pineapple Tea) 105. Ticucos (Travel Tamales) 106. Torrejas (Christmas Pastry) 107. Torta de Yuca (Yucca Cake) 108. Tortillas de Harina (Flour Tortillas) 109. Tortillas de Maiz Hondurnas (Honduran Corn Tortillas) 110. Tortilla de Yuca (Yucca Tortilla) 111. Tortitas (Meatballs in Tomato Sauce) 112. Tostones (Green Plantain Chips) 113. Tres Leches (Three Milks Cake) 114. Vinagre de Pia (Pineapple Vinegar) 115. Yuca con Chicharron (Yucca with Pork Dish) Thats not it!! With he purchase of this ebook, you will also be recieving as a gift the Spanish versin of this ebook called La Belleza de la Cocina Hondurea!! Heres what the Spanish versin of this ebook offers you:

Contenido: 1. Arroz con Camarones 2. Arroz con Cerdo 3. Arroz con Leche 4. Arroz con Pasas 5. Atol 6. Atol Agrio 7. Atol Chuco 8. Atol de Elote 9. Ayotes en Miel 10. Baleada 11. Bananas en Gloria 12. Brazo Relleno 13. Budn de Pltanos 14. Capirotadas 15. Carne Asada de Cerdo al Horno 16. Carne Prensada 17. Catrachitas 18. Cazuela Estilo Hondureo 19. Ceviche de Caracol 20. Chancletas 21. Chilate 22. Chile con Pollo 23. Chocolmo 24. Chorizos Olanchanos 25. Conservas de Coco 26. Conservas de Manzanita 27. Coyoles en Miel 28. Curile 29. Dulce con Leche 30. Dulce de Manzanas 31. Dulce de Mazapn 32. Dulce de Naranja 33. Dulce de Palmito 34. Dulce de Tamarindo 35. Duraznos en Miel 36. Empanadas de Mantequilla 37. Empanadilla de Queso 38. Enchiladas a la Catracha 39. Ensalada de Repollo 40. Espumillas 41. Fajitas Agridulces 42. Fresco de Horchata, Arrayn, Granada, Maracuy y Meln 43. Fritas de Elote 44. Frito Cocido 45. Galletas de Maicena 46. Galletas de Pia 47. Guacamole Hondureo 48. Guisado Hondureo 49. Jamo o Iguana 50. Jugo de Papaya y Batido de Naranja 51. Leche Merengueada 52. Lechn al Horno 53. Lentejas Guisadas 54. Macheteadas 55. Mangos Borrachos 56. Mangos en Miel 57. Marquesote 58. Mistela 59. Montucas 60. Moronga o Morcillas 61. Mousse de Frutillas 62. Nances en Guaro 63. Nances en Miel 64. Nugados 65. Pan de Coco 66. Pan o Flan de Maz 67. Pancakes de Pltano 68. Pasteles de Leche 69. Pasteles de Navidad 70. Pastelitos de Carne 71. Pastelitos de Frijoles 72. Pavo a la Olanchana 73. Picadillo 74. Pltanos en Gloria 75. Pltanos en Miel 76. Pollo Borracho 77. Pollo con Loroco 78. Pollo en Pia 79. Ponche Caliente 80. Ponche de Frutas 81. Pupusas de Frijoles 82. Queque de Banana 83. Quesadilla 84. Riguas 85. Rompopo 86. Rosquillas 87. Rosquillas o Buuelos en Miel 88. Salpicn 89. Sapolillos 90. Semita 91. Sopa de Albndigas 92. Sopa de Almejas 93. Sopa de Capirotadas 94. Sopa de Caracol 95. Sopa de Frijoles Blancos 96. Sopa de Frijoles con Chicharrn 97. Sopa de Jaibas 98. Sopa de Mondongo 99. Sopa de Olla 100. Sopa de Tortuga 101. Tabletas de Coco 102. Tabletas de Jengibre 103. Tacos Hondureos 104. Tamales Hondureos 105. Tamalitos de Elote 106. Tamales Navideos 107. Tamales Pisques 108. Tapado Costeo 109. Tapado de Carne Salada con Coco 110. Tapado de Carne y Pescado 111. Tapado de Pescado con Coco 112. Tapado de Pescado Seco 113. Tapado Olanchano 114. Ticucos 115. Ticucos Copanecos 116. Torrejas 117. Tortas de Arroz con de Leche 118. Tortas de Pltano 119. Tortillas de Maz 120. Tortillas de Trigo 121. Tortillas de Yuca 122. Yuca con Chicharrn PROMOCION PROMOCION PROMOCION PROMOCION PROMOCION

PROMOCION PROMOCION *****

*****Promocion!***** Llévese mi coleccion de 50

publicaciones digitales de recetarios y cursos por solo \$19.99!! Le invito a que visite mi pagina
WWW.EBOOKSLATINOS.WEEBLY.COM para mas detalles. Muchas gracias!!

[DOWNLOAD HERE](#)

Similar manuals:

[Leberkse An Beer - Typical Cuisine In Munich - Bavaria](#)

[Scarlet Macaw, Honduras / Ara Macao](#)

[Keel-billed Toucan, Roatan, Honduras / Ramphastos Sulfuratus](#)

[Keel-billed Toucan, Roatan, Honduras](#)

[Red-lored Amazons, Honduras / Amazona Autumnalis Autumnalis](#)

[Italian Cuisine: Fresh Pasta, Vegetables And Basil](#)

[Bavarian Cuisine, Weisswurt Sausages, Radish, Pretzels, Sweet Mustard And A Beer Stein, Beerstein](#)

[Bavarian Cuisine, Weisswurt Sausages, Radish, Pretzels, Sweet Mustard And A Beer Stein, Beerstein](#)

[Schoolmaster Snapper Lutjanus Apodus, Roatan, Honduras, Caribbean](#)

[Schoolmaster Snapper Lutjanus Apodus, Roatan, Honduras, Caribbean](#)

[Schoolmaster Snapper Lutjanus Apodus, Roatan, Honduras, Caribbean](#)

[Eastern Part Of Roatan, French Harbour, Honduras, Caribbean](#)

[Creole Wrasse Clepticus Parrai, Honduras, Caribbean](#)

[Spanish Hogfish Or Hog Fish Bodianus Rufus, Roatan, Honduras, Caribbean](#)

[Queen Angelfish Holacanthus Ciliaris, Honduras, Caribbean](#)

[Queen Angelfish Holacanthus Ciliaris, Honduras, Caribbean](#)

[Queen Angelfish Holacanthus Ciliaris, Honduras, Caribbean](#)

[Queen Angelfish Holacanthus Ciliaris, Honduras, Caribbean](#)

[Black Grouper Mycteroperca Bonaci, Roatan, Honduras, Caribbean](#)

[Black Grouper Mycteroperca Bonaci, Roatan, Honduras, Caribbean](#)

[Black Grouper Mycteroperca Bonaci, Roatan, Honduras, Caribbean](#)

[Black Grouper Mycteroperca Bonaci, Roatan, Honduras, Caribbean](#)

[Black Grouper Mycteroperca Bonaci, Roatan, Honduras, Caribbean](#)

[Tiger Grouper Mycteroperca Tigris, Roatan, Honduras, Caribbean](#)

[Tiger Grouper Mycteroperca Tigris, Roatan, Honduras, Caribbean](#)

[Gray Angelfish Pomacanthus Arcuatus, Honduras, Caribbean](#)

[Gray Angelfish Pomacanthus Arcuatus, Honduras, Caribbean](#)

[Twinspot Or Two-spot Red Snapper Lutjanus Bohar, Honduras, Caribbean](#)

[Yellowline Arrow Crab, Yellow Line Arrowcrab Stenorhynchus Seticornis Hiding In A Sponge, Roatan, Honduras, Caribbean](#)

[Bigfin Reef Squid, Oval Squids Sepioteuthis Lessoniana, Roatan, Honduras, Caribbean](#)

[Bigfin Reef Squid, Oval Squid Sepioteuthis Lessoniana, Roatan, Honduras, Caribbean](#)

[Bigfin Reef Squid, Oval Squids Sepioteuthis Lessoniana, Roatan, Honduras, Caribbean](#)

[Bigfin Reef Squid, Oval Squid Sepioteuthis Lessoniana, Roatan, Honduras, Caribbean](#)

[Bigfin Reef Squid, Oval Squids Sepioteuthis Lessoniana, Roatan, Honduras, Caribbean](#)

[West Indian Spider Crab Or Channel Clinging Crab Mithrax Spinosissimus, Honduras, Caribbean](#)

[Hawksbill Turtle Eretmochelys Imbricata, Feeding, Caribbean, Honduras, Central America](#)

[Scuba Diver Watching A Hawksbill Turtle Eretmochelys Imbricata Feeding, Caribbean, Honduras, Central America](#)

[Hawksbill Turtle Eretmochelys Imbricata And Scuba Diver, Caribbean, Honduras, Central America](#)

[Hawksbill Turtle Eretmochelys Imbricata And Scuba Diver, Caribbean, Honduras, Central America](#)

[Hawksbill Turtle Eretmochelys Imbricata And Scuba Diver, Caribbean, Honduras, Central America](#)

[Hawksbill Turtle Eretmochelys Imbricata, Caribbean, Honduras, Central America](#)

[Hawksbill Turtle Eretmochelys Imbricata, Caribbean, Honduras, Central America](#)

[Young Female Scuba Diver Observing A Hawksbill Turtle Eretmochelys Imbricata, Caribbean, Honduras, Central America](#)

[Satellite Image Of Honduras With The Country's Flag Covering It](#)

[Garlic Parachute, Mousseron \(Marasmius Alliaceus\), Spice Mushroom Of The French Cuisine](#)

[Low-calorie Gourmet Dish La Haute Cuisine With Delicate Slices Of Fillet On Rocket Salad](#)

[Flag Of Honduras](#)

[One Economics, Many Recipes - Dani Rodrik](#)

[Sugar-Free Gluten-Free Baking And Desserts: Recipes For Healthy And Delicious Cookies, Cakes, Muffins, Scones, Pies, Puddings, Breads And Pizzas - Kelly E. Keough](#)

[The I Love Trader Joe's Cookbook: More Than 150 Delicious Recipes Using Only Foods From The World's Greatest Grocery Store - Cherie Mercer Twohy](#)